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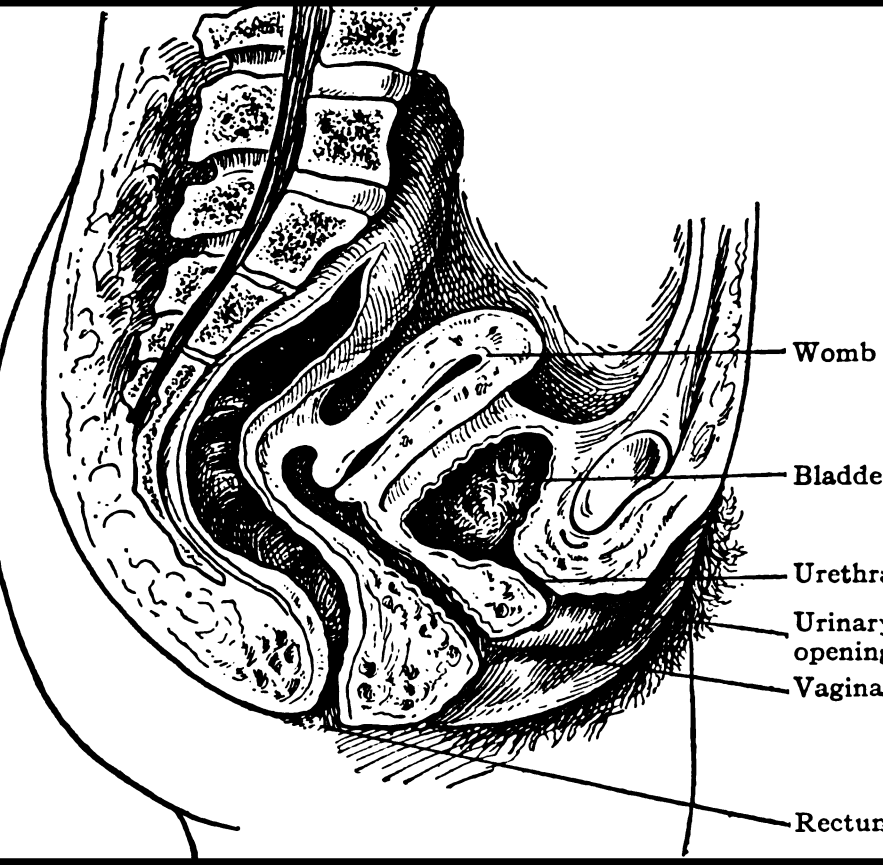

Ten sex talks to girls

Irving David Steinhardt

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Thank you Doc for this
fine, enlightening book

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THIS LITTLE BOOK IS DEDICATED BY THE AUTHOR

To

OUR GRANDMOTHERS, OUR MOTHERS, OUR WIVES, OUR SISTERS, AND OUR DAUGHTERS, IN THE HOPE THAT ALL OF THEM WILL FIND BOTH PROFIT AND PLEASURE IN THE KNOWLEDGE ITS PAGES IMPART

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TEN SEX TALKS TO GIRLS

(14 years and older)

BY

IRVING DAVID STEINHARDT, M.D.

AUTHOR OF "TEN SEX TALKS TO BOYS" (14 YEARS AND OLDER)

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WITH SIX ILLUSTRATIONS

PHILADELPHIA & LONDON

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PREFACE

THE originals of these lectures or talks to girls were delivered at the Hebrew Educational Society of Brooklyn, before the Florence Memorial Aid Society, the "Evergreens," the Emanu-El Brotherhood, the Bronx Hospital Assembly, and elsewhere. The fact that whenever the author delivered them the assembly rooms proved too small to accommodate the would-be audiences shows the need for simple instructive talks on sex. Hoping that others would help in this work, the author offered the lectures for publication to the *New York Medical Journal.* This journal accepted and published them, and the author was subsequently advised by its business manager that the demand for the numbers of the journal in which the talks appeared by far exceeded the supply. The author was himself amazed at the large number of requests he received for copies of the series, and the expressed hopes that he would issue the lectures in book form for the education of the female public in general, and in response to these expressions of approval he respectfully offers this little volume of the original lectures, revised and somewhat enlarged. To others interested in this subject, he offers the

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use of all or any part of them for lectures or instruction. To my audiences I gave the privilege of asking questions. To my readers I extend the same courtesy, but request that postage be forwarded for replies.

I wish to extend my thanks to Mr. Charles S. Bernheimer, of the Hebrew Educational Institute of Brooklyn, N. Y., to Mrs. Sarah L. S. Spector, of the Florence Memorial Aid Society of this Institute, to Mr. and Mrs. Tobias Roth, of the Emanu-El Brotherhood of New York City, to Miss Molly Cohen, of the "Evergreens," and to my numerous correspondents who encouraged me in, and were kind enough to praise, my little series of talks to girls. I also wish to thank those who assisted me in the preparation of the manuscript, but who are too modest to allow me to mention them by name. It is the hope of the author that this little book will do something toward saving our girls, little and big, from wrong-doing and disgrace, and make of them better daughters, wives, and mothers. "Forewarned is forearmed."

IRVING DAVID STEINHARDT, M.D.,
310 West 99th Street,
New York City.

November, 1913.

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INTRODUCTION

In heartily recommending this book to young people for its sincerity, simplicity, directness, as well as its scientific accuracy, I take the opportunity afforded me by the publishers to present a short statement of my reasons why girls should be deeply interested in these talks on sex hygiene. No one who stops to think will fail to see that it is radically wrong to remain ignorant on matters that concern us vitally and involve our physical and moral development. The idea that ignorance is essential to innocence is happily being exploded, and we physicians are in a better position than the laity to speak of the wreckage and disaster that result from ignorance and neglect of proper instruction on sex hygiene. The human machine is a very wonderful and complex kind of mechanism, and, as we know, the more complicated and delicate a mechanism is, the more easily it gets out of order. The disturbance of any part of it might prove disastrous to the entire mechanism. The life of this most complex human machine depends on the proper adjustment of the parts of our body to one another as well as to the outside world (which is our environment). Man is superior to all other creatures because of his

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superior intelligence, which he uses constantly to change and modify the outside world so as to make adjustment easier and more sure. The same effort of human intelligence ought to be applied to the internal adjustment of our organs to their functions and needs. This automatic internal adjustment goes on from the day of our birth to that of our death. However, the most strenuous period of our adjustment is the period that we call adolescence (special growth), during the ages of twelve to eighteen or twenty. During this period every organ practically is competing for its fullest development. During this period we are particularly sensitive and susceptible to impressions good or bad. During this period we form good or bad habits. During this period the sex instinct begins to assert itself consciously. Therefore it is in this period of all in life that understanding and guidance are most necessary. And in no direction are intelligent guidance and understanding more essential than with reference to the preparation for the normal and wholesome discharge of our bodily functions, particularly the function of parenthood. The teaching of anatomy and physiology in school and at home has been sadly neglected in the past, while any teaching upon matters of reproduction and sex hygiene has been frowned on in the name of modesty and morality. But we are beginning to see at last that it is an

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insult to commonsense and to real morality to assume that there is anything shameful or indecent in learning to understand our instincts and the functions of our bodies. The immodesty and immorality lie in the old-fashioned attitude toward it. The study of physiology and hygiene of sex is bound to have the same effect on character that the study of natural science, psychology, and philosophy have, namely, to deepen our reverence for the wonderful processes of nature and to intensify our desire to make the best of our faculties and carefully fit ourselves for our noblest part in life.

RACHELLE S. YARROS, M.D.,
Chairman of Social Hygiene of General
Federation of Women's Clubs.

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TEN SEX TALKS TO GIRLS

I

In discussing matters pertaining to sex and the sexual relations, one is usually handicapped by the wide-spread, prevailing, but absolutely wrong idea that such things should not be spoken of plainly, and especially to the very young. If mentioned at all, they are referred to in a vague and mysterious manner, which, instead of enlightening and instructing in a proper way, merely arouses a deep and most dangerous curiosity. This curiosity demands a complete and plain understanding; but unfortunately for the benefit and the future well-being of our growing population, both male and female, this understanding is usually obtained elsewhere rather than at home—owing to a false idea of modesty or to ignorance on the part of parents, who are the proper persons to instruct their offspring.

There is no such false idea of modesty on the part of those who prey upon the ignorance of the innocent and virtuous. The truth of this assertion is so well established that not even the most conservative

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person will attempt to deny it. It seems to me that it is our sacred duty to impart this knowledge of sex and sexual matters in a simple manner, so that it can be fully understood by our audiences, whether we address them through the medium of books or in person. What we tell them must be thoroughly understood, so that they can profit by our teachings and be prepared for their future duties. Such an education will enable our sisters and daughters to protect their health and virtue. Those who refuse to profit by the proper knowledge which will be offered them in the pages to follow must expect to reap a harvest that is not pleasant to think about—consequences which are likely to cause both mental anguish and severe physical pain.

In my talks on this subject, I shall speak in the same simple, straightforward way as though a cooking lesson, let us say, was under discussion. So far as possible I shall avoid the use of medical terms. If, at the end of any of my talks, I have not made myself perfectly plain, please ask questions. (See Preface.) I shall be as thorough as I can up to what I deem necessary to your needs. It is not my intention to try to make you finished students of medicine, but when I am through you will be, I feel sure, better fitted for your life-work. The prudish may find fault with my frankness; the very radical will

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perhaps complain that I do not go far enough. My aim will be to go far enough for your good, and to instruct you properly, without putting too "grown-up" thoughts into your heads.

So that you may understand that which is to come later in my talks, and because I believe that you should have such a knowledge of your body, I will first describe those special organs which are peculiar to the female members of the human race. Among these organs we must include the breasts, which, although present in the male, usually develop and function only in the female.

Now, the human body consists of the head, the neck, the chest, the abdomen, the legs, and the arms. The part of the body which concerns us now is the abdomen, for it is in this that the organs of the female, with the exception of the breasts, are located.

The abdomen might be divided into an upper and a lower division or compartment. The lower we will call the pelvic compartment. There is no actual separation, as in the case of the chest and upper abdomen, where the diaphragm forms a real dividing wall. For our purposes we will say that all of the abdomen lying above an imaginary line drawn between the two upper tips of the hip bones is the upper compartment, and all lying below this

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is the lower. It is this lower or pelvic compartment with which we have to deal, as it is within it that the female sexual organs are contained. To make the location of this imaginary line easier for you, I might say that in its "make believe" course across the body its mid-point is usually situated about two inches below the navel, or "button" as some of you call it.

Now, this pelvic portion of the body is a bony framework consisting of that portion of the spine known as the sacrum, and a few of the lumbar vertebræ, in the back part, its sides and front consisting of the two hip bones known in technical terms as the os innominati (Fig. 1). The pictures you will see later will show you the shapes of those bones, and how they are held together to form this "basin," in which the genital or sexual organs are contained. These bones are lined with muscular tissue.

We will now proceed to a study of the female organs. We shall begin our study from within and gradually travel outward, as does the ovum, which I will tell you about later. The ovaries are the deepest in of the female sexual organs, and, in fact, the beginning of the female genital or sexual tract within the body, so we will start with them.

The ovaries are two in number, one on the right side of the pelvic compartment and the other on the

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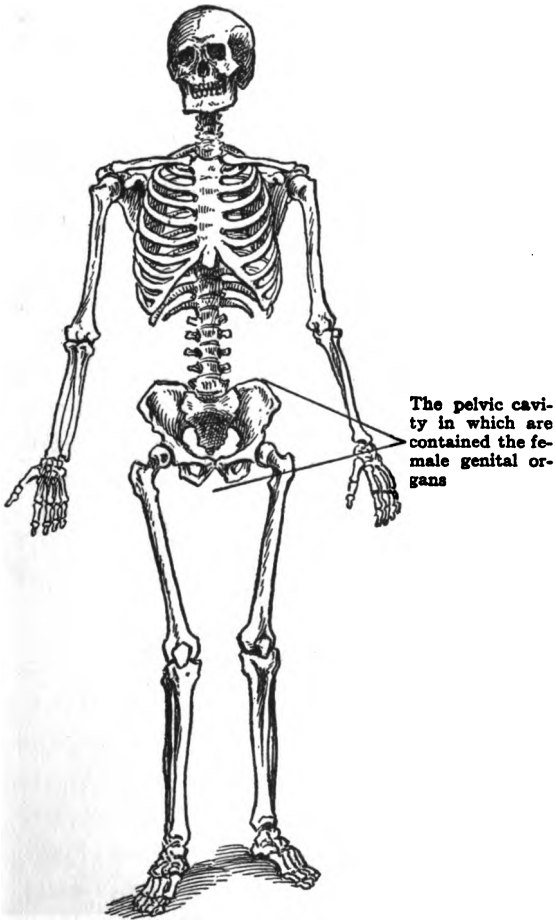

FIG. 1.—The human skeleton.

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left side (Fig. 2). A good way to locate them would be to say that they are, on their respective sides, midway between the centre line of the body and the upper tips of the hip bones, but slightly below the imaginary line before referred to as the dividing line between the upper and the lower compartments of the abdomen. What do they look like? Just

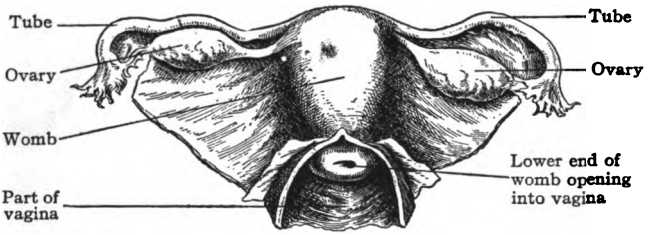

Fig. 2.—This picture shows the internal female organs of generation as a whole—front view.

draw this mind picture, and you will get an idea. Imagine two little, somewhat oval-shaped bodies, each about an inch and a half in length, three-quarters of an inch in width, and about a third of an inch in thickness. These most important organs—important because on the good health of them depends future child-bearing—weigh each about a quarter of an ounce, which is about as heavy as the contents of two ordinary teaspoonfuls of water. Having an important function to perform, they are well supplied with blood-vessels, so that they receive plenty of nourishment to enable them to carry out

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their work. They are also very well supplied with nerves, and these are of the highest order and most sensitive, as many of you who have received a blow in this region can testify. The ovaries are held in their respective places by being attached to a fold of tissue known as the broad ligament (Fig. 3). The

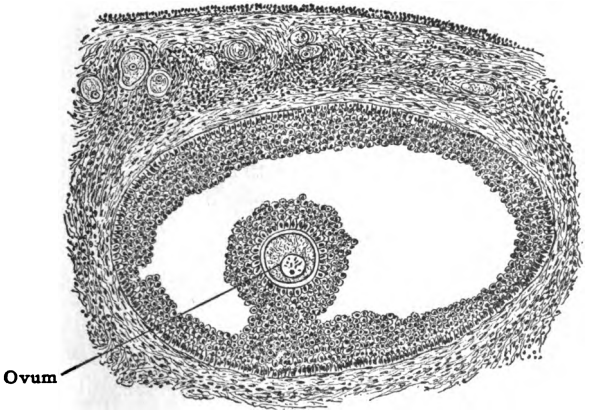

FIG. 3.—Section of ovary showing female contribution to creation.

ova, leaving the ovaries, come to the Fallopian tubes, so we shall discuss them next. These are just exactly what their name signifies to you—tubes. Like the ovaries, they are two in number, a right and a left, and each is about four inches in length. Being tubes, they are hollow inside, and this opening is just about large enough to allow a very, very thin bristle to pass through. The ends of the tubes nearest the ovaries

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are not joined to or connected with these latter organs, but these ends spread out into very large openings. To explain a little better, I might call the tubes flower-stems and the openings nearest the ovaries the flowers in full bloom. Picture to yourself, for instance, a chrysanthemum and its stem.

The inner end of the tube is attached to the uterus or womb, as that likewise important organ is commonly called. This would indicate to you that the inner ends of the tubes open into the womb. Another interesting point in the anatomy of the tubes is the fact that their inner surfaces are lined with a skin which we call a mucous membrane, from which are given off little whip-like processes which by their motion propel toward the womb anything which may get into the tubes.

From the tubes we pass on to the uterus or womb, by which latter name I shall call this organ from now on. This important organ, the home of the growing unborn child at certain times, lies usually in about the median line of the body, tilted slightly forward toward the front wall of the abdomen at its upper part. In the virgin girl and in the woman who has never been in a child-bearing state, the shape may be compared to a pear turned upside down. Before it has taken part in the activity of child-bearing, it is about three inches long, two inches wide at its widest part, and about one inch

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thick. The womb is hollow, and in its normal virgin state (Fig. 4) weighs about an ounce to an ounce and a half. After it has once been started on its nor-

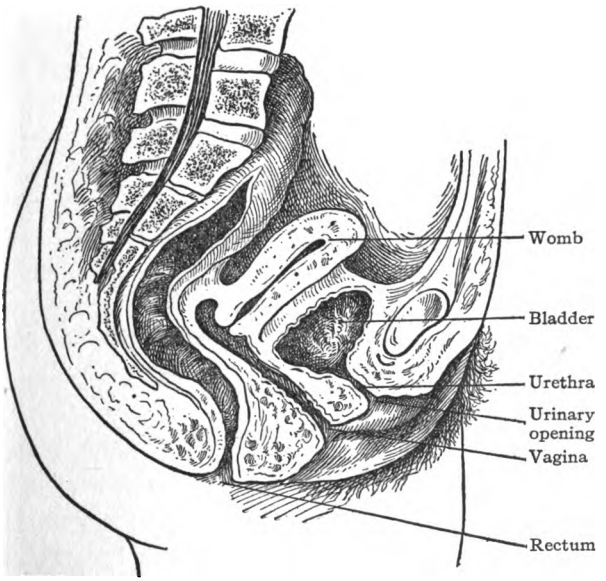

FIG. 4.—This picture represents a view of some of the internal female genital organs. It is a side view as if the body had been divided from above downward, and half of it removed. The ovaries and tubes are not shown in this picture.

mal physiological function, it never again becomes quite as small as it was before these activities began. The top of the womb usually extends an inch or slightly more above the level of the ovaries, its apex or lower end (remember its shape—a pear turned up-

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side down) about two inches below the ovaries, and into the vagina (Fig. 5).

We usually speak of the womb as consisting of two parts, the body and the neck, a slight constriction on the external coat of the womb marking off this division. The womb contains a great deal of muscular tissue, the use of which we will discuss later.

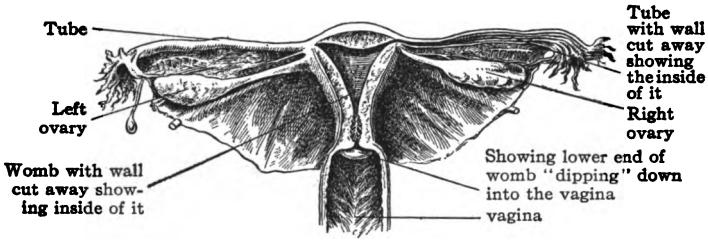

FIG. 5.—Same as Fig. 2, but shows interior of womb and tubes, front wall of each having been removed.

Its internal surface is lined with a mucous membrane which contains numerous glands. This will later enable you to understand why certain diseases are hard to cure when the womb has become contaminated by them.

I said that the lower end of the womb extended downward into the vagina, so next in order in our anatomy lesson is the vagina (Fig. 6). This is really a part of a tube or passageway which extends from behind the two folds of skin which, in the female, conceal from external view the real genital organs up to, around, and above the lower portion of the

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middle line of the body as effectually to shield from view that which lies behind them. We call these folds the labia majora, or greater lips. Gently separating them and drawing each to its respective side, we come to another, similar but smaller, pair of curtains, if I may use this simile, and it is only on separating this second pair of lips, known as the labia minora, or lesser lips, that the entrance to the vagina is revealed. This entrance to the vagina is, as a rule, partly closed by a semicircular piece of skin known as the hymen, although this shape often varies. The significance of the hymen and the reason for its shape will be discussed later.

I believe that the descriptions to which you have just listened, with the accompanying diagrams and actual drawings from life that are here for you to see and study, will give you a sufficient knowledge of these particular parts of your anatomy for all the purposes of our talks yet to come.

Of the anatomy of the breasts, it is unnecessary to say much. As you know, they are two in number, one on the right, the other on the left side of the median line of the body. They are attached to the wall of the chest anteriorly, and consist principally of muscular and glandular or secreting tissue, from which little pipes or ducts lead outward to the nipples.

If the wonders of your anatomy have surprised

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and interested you, still greater astonishment and interest await you, for if Dame Nature is a wonderful builder, she is still more wonderful in the mechanism of what she constructs, and we shall see that everything moves in a perfect cycle toward a certain end. When this end is achieved, another cycle of events is started toward another goal, and so on, until a point is reached from which there can be no further advance.

Once again in our studies we shall start on the inside of the body and, as in our anatomy lesson, the ovary will be the first organ discussed. Let us consider somewhat its physiology and its function.

In the ovaries are developed the contribution of the female to the human race. This statement in itself reveals to you the great importance of these organs, and how necessary it is that they be guarded from disease or injury. No matter how healthy or normal the rest of the sexual tract may be, failure on the part of an ovary to put forth in a healthy condition its contribution to the human creation means that there can be from this ovary no creation. In medical circles investigations and discussions are constantly going on as to the why and wherefore of the birth of imperfect children, either in a mental or physical sense. I am rather inclined to think that the answer can be found in the condition of the male or female contribution to the birth of that child. It

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does not seem possible that unhealthy seeds can produce as good plants as healthy ones; nor can even good seeds, fertilized by a poor fertilizer, be expected to do as well, or *vice versa.* The ideal baby would seem, therefore, to be the result of both healthy male and female contributions to creation.

I speak of male and female contributions to creation; for, unlike some of the lower forms of life, the human female alone cannot produce a human being of even an imperfect sort, but only by the commingling and joining of her contribution to creation with that of the male, can it become a being of life and energy.

The ovaries, therefore, are both factories and storehouses. In them certain substances are developed, many at a time, into ova or eggs. During the process of ripening, these ova or human seeds are contained in separate compartments or sacs, in which each matures. The doctor's name for these little sacs is Graafian follicles. As each little sac loses its contents it gradually becomes obliterated, and it does lose its contents as soon as the ovum is ripe or mature. As maturity becomes a fact, the ovum ruptures the surface of the Graafian follicle, and also that of the ovary, and is discharged into the pelvic cavity, as we call this lower part of the abdominal cavity, a fact that I have already stated. You can get some idea of the small size of this human

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seed when I tell you that each ovary is estimated to contain from thirty-two to thirty-six thousand ova or eggs in process of growth. Expressing their size in figures, one would say that they are about 0.20 to 0.30 mm. in diameter.

So carefully balanced are Nature's works that, so far as we can ascertain, only one ovum matures and is discharged at a time, despite the fact that there are, as already stated, some sixty to seventy thousand human seedlings in process of ripening at the same time. Is this not a wonderful example of Nature's care? For you must know that in the human race it is usual for only one offspring to be born at a time. Perhaps the reason why twins are sometimes born to mothers is that something has gone wrong, and prevented this particular rule of Dame Nature's from being followed.

I have merely given you a bare outline of what goes on in the ovaries. The details of the growth of the ovum or human seed in the ovary, even before the female child is actually born, are most interesting, but would be out of place in our lesson, as I am not endeavoring to make you finished students of medicine but merely to give you some idea of yourselves, so that you may look after your health and happiness in an intelligent way.

When the mature ovum has been discharged from the ovary, it is attracted to and taken up by the

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Fallopian tube of the particular side on which the ovum has been discharged, and the open free end of which is, as I have already told you, larger than the end that is attached to the womb. When the ovum enters the tube at the larger end, the little whip-like processes which line its interior surface, of which we have spoken in our anatomy lesson, gently propel it through the tube toward the smaller end where the tube joins the womb, and thence it enters the womb. During this time, certain changes are taking place in the ovum, so that Nature allows it about one week in which to travel the four inches from the ovarian or outer end of the tube to and into the womb.

You note, therefore, it is the function of the tubes to convey the ovum or human seedling from the ovary to the womb, and that any disease or injury which would close the tubes or prevent the ovum from making this little journey would prevent childbirth, since, under such conditions, the ovum could not meet the male contribution to creation. Disease of the tubes can extend to them from three sources: (*a*) from the womb to which they are attached and into which their inner ends open; (*b*) from the pelvic cavity itself, because their outer or free ends open into this cavity; (*c*) from the ovaries, because of their close proximity. Once again you

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see how necessary is good health for all parts of the body in order to benefit and protect all other parts.

The womb, next in order in our study trip, is, under certain conditions, not unlike the ovary—both a place of development and a storehouse. In it the human seedling from the female, properly fertilized by the male contribution, begins its growth, ultimately to blossom into a baby—that pure and sweet triumph of human love—and, when complete, it is retained in the womb until the physiological moment for its birth arrives. While the unborn baby remains in the womb, it is protected by it from various injurious conditions which would soon kill the little growing human plant, and through the medium of the blood-vessels of the womb it also receives proper nourishment for its growth.

The womb has certain functions to perform at the time of the menstrual period, or, as many of you call it, the monthly period. Once again I will say a few words about health, for an unhealthy womb cannot properly perform its functions, and, when it does not, child-bearing is impossible, of course. Likewise, any disease of the womb is very liable to spread to other parts of the body, not only by extension through the tubes, but also, on account of its great blood supply, by means of the blood-vessels. Other things beside disease, such as various injuries, lack of proper development, displacements, etc., may

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prevent the womb from properly performing its functions.

The vagina has certain secretions which come from the many glands in the mucous membrane which lines its inner surface, and it is the duty of these to destroy anything foreign that enters, and which might get within the womb unless destroyed. The vagina also plays an important part in the sexual relation, as it is within it that the male fertilizing fluid containing spermatozoa, the essential part or element for the growth of the ovum, is deposited, to favor the development of the aforesaid ovum into a human being.

Here also disease may be very serious in its results. It may destroy the protective secretions of the vagina, it may set up various kinds of inflammations and produce unpleasant discharges, it may cause the male contribution to creation to be destroyed before it can perform its duties to the ovum, and last but not least, it may cause diseases of the secreting glands with abscess formation, or its germs may lurk there for years and at any future time cause trouble for both mother and baby; how, will be discussed later.

The other parts of the genital tract mentioned in our anatomy lesson also have certain minor functions to perform in the organism, but these are not important enough for you to burden your minds

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with them. The chief parts and their functions we have now discussed in a general way, and, I believe, in sufficient detail, to enable you the better to understand what is to follow. Do not, however, get the idea that you know all that is to be known of the physiology and anatomy of the parts we have travelled over together, for you do not. I have only "just skimmed over the surface," as it were, my idea being that you should know yourselves only in a general way, leaving it to text-books on anatomy and physiology to give you more detailed information if this, for any reason, be necessary.

I have not discussed the breasts particularly, because you already know that their function is to furnish nourishment in the shape of milk to infants from birth up to nine or ten months of age. How this milk is formed within the breasts is not essential to our talks nor to an understanding of them, therefore I omit this detail. Suffice it to say that from the anatomy of the breasts, already briefly described to you, you know them to be made up of a number of small reservoirs, from each of which comes a little pipe or duct, and this carries the milk into a still larger reservoir from which other and larger pipes or ducts finally convey it to the nipples. It hardly seems necessary to state that each breast has but one nipple or outlet for the nursing baby to suck. Only at certain times do the breasts perform their physio-

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logical function: *i.e.,* when a baby is to be fed. There is a very definite but poorly understood relation between the breasts and the female sexual organs below, by which various messages, let us call them, are transmitted between the two parts of the body: for instance, when the breasts are advised that at a certain time they should be ready to feed a baby. Unfortunately, this latter message is not always responded to by the breasts for various reasons, some of which will be spoken of later.

One thing more and we will close our talk on the anatomy and physiology of your special organs of generation. That one thing is the significance of the hymen at the entrance to the vagina. You will recall that I told you the dividing line between the vestibule and the vagina is a piece of skin which partly occludes the vagina from view. Its presence, unmutilated, usually indicates that the woman is a virgin—in other words, a girl who has not associated in a sexual way with a man. Its construction and position is such that the sexual act will destroy its integrity. When destroyed during the sexual act the remnants of it assume a certain peculiar appearance that is self-explanatory and, to the trained eye, undeniable evidence of what has happened. It is rarely if ever destroyed in any other way but by an attempt to introduce something into the vagina.

Hymens are variously shaped. I have already

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mentioned the most common shape, the semicircular. Some resemble a sieve, whereas others may be circular with just a single opening in the centre. Some are so delicate that even a fine surgical instrument could not be passed through the opening without injuring the hymen. Of course, if there is no opening at all in the hymen, it is an abnormal one, and needs surgical treatment, an opening being necessary for the passing out of the menstrual blood and any other secretions which may be present.

REVIEW

I. Why should matters pertaining to sex and sexual relations be part of the home training?
II. In which part of the body are the female generative organs located?
III. How do we divide this part for our purposes of study?
IV. Locate and describe the ovaries.
V. How are the Fallopian tubes placed? Describe their inner surfaces and functions.
VI. Describe the womb, its location, size, shape, inner surface, and importance.
VII. Why is disease here so apt to spread to other parts of the body?
VIII. Beginning externally, describe the vagina.
IX. In what sense are the ovaries factories? Describe fully.
X. Where is the hymen? State its significance.

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II

DURING our first talk you formed some idea of the internal female sexual organs, and of the parts leading to them. You were told briefly the normal function of each. You were also told that, while certain low forms of animal life are so constituted that they contain all essentials for creation within themselves, in the higher forms of life the elements necessary for creation are in separate bodies, and these separate bodies are designated male and female.

To the female is given the very high honor and privilege of growing the human seedling which later, after fertilization, develops into a human being. To the female is also given the great privilege of sheltering within her, while it is developing, the human plant which comes forth in full bloom at birth as a beautiful baby. And yet some women are so indifferent to this great tribute from Mother Nature to their good sense and ability, their kindliness and gentleness, and their carefulness, that they seek to avoid this greatest blessing and honor to their sex—motherhood. It is hard to believe that such a thing can be, but it is a fact nevertheless.

What is finer, grander, or more lovely in this

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world than a fine baby? I know of nothing, and I think you do not. Truly has the well-born baby been called the "triumph of love," the expression of love at its highest and best. Note that I say a well-born baby, and here the word is not used to designate riches in a monetary or worldly sense, but the richness of love and affection of the highest kind in the holy bonds of matrimony.

In order to accomplish this great mission, a healthy body is necessary, and especially healthy genital parts. This boon Nature grants to practically all, for nearly all of you at birth have such parts; but through ignorance and neglect, or want of the care and attention which these parts should at various times and under certain conditions receive, unhealthy changes may take place as you grow older, and these, while easily rectified if taken in time, cause vain regrets, unnecessary and avoidable pain, sorrow and trouble if allowed to become chronic. These changes may even be so serious as to prevent the sexual organs from performing their normal duties. Therefore, the avoidance of these pitfalls shall be our topic, and the time will be well spent for those of you who profit by what I am going to say.

All of you remember that, as little girls, your breasts were but tiny, spotlike protuberances on the chest wall, and that your bodies were free from any growth of hair. You could run and jump like the

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boys, and join in all their games with the greatest zest. In fact, perhaps you prided yourselves on your ability to equal if not excel many of your boy friends at their own games and pastimes.

As you grew older, however, a certain inborn consciousness came to you that in some way or other boys were different from girls, and their games began to lose their attraction for you, as being too rough and boisterous and no longer to your liking. You felt that little acts of comradeship that you formerly allowed without a second thought did not now seem just right, and could not be allowed. You did not know wherein they were wrong, yet something within you made you feel that you were no longer a little girl, and that such acts were not proper in a "big" girl. You felt as if your little boy friends were to be kept at a distance, in a way, and that old familiarities were things of the past.

Perhaps you became aware about this time that your breasts were growing larger and more noticeable: a matter which gave you no small concern, for in your imagination everyone whom you met was looking at you because of this, and you wished that your dresses in this region were not so tight as to make this increase in size conspicuous. You perhaps even wondered why these little protuberances on your body should begin to grow at this time, and when you asked you were given a vague, unsatis-

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factory answer that told you nothing; whereas you should have been told that you were passing from little girlhood into the first stages of womanhood, and that the breasts were developing within so that they would be ready at the proper time to assume their normal duties. Not only must the special tissue of the breasts—*i.e.*, that in which later milk is formed and secreted—develop, but likewise the muscular tissue; if the latter is allowed to develop normally—that is, unhampered by corsets or other tight apparel—it will become strong enough in the future to properly support the breasts and do away with a favorite excuse as to the necessity for corsets.

Another thing of which you became aware was the fact that, in what we have called the genital region, a few coarse hairs were making their appearance. These processes continued until the breasts had reached such a size as to be really noticeable, and the coarse hair, known as "the pubic hair," had increased, and that hair was appearing also on other parts of the body.

Suddenly, one day, with or without unusual sensations, you discovered you were losing some blood, and that the place from which it was coming was that mysterious region about which no one at home would talk to you, except to tell you to keep it always covered, and about which you did not like to ask anybody away from home, for fear you would be

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doing wrong or asking something that you should not. You had heard in the street, perhaps, some coarse remarks about certain things, but in your girlish ignorance and innocence you did not understand them, except to know by a sense of inborn modesty that they were indecent remarks, not fit to be made by anyone modest or right-minded, and not to be listened to voluntarily by any clean-minded person.

This bleeding annoyed you very much. In fact it may have frightened you, and you may have tried to stop it in various ways that you had heard of for checking a hemorrhage. Many girls, remembering that cold water is said to be good for stopping a hemorrhage, have gotten into a cold bath—about the worst thing they could have done under these circumstances. At last, in despair and terror, you told some one of the terrible accident that was happening to you, after first making the confidante give the most sacred promise never to reveal your most sacred confidence, only to be told that all your terror and mental agony were unnecessary, as this happens to girls every month, and that you must wear a napkin or some sort of bandage for several days, so that the blood will not stain your wearing apparel.

This is probably the extent of the knowledge most of you have even now of the menstrual or monthly periods. A few of you may have vague

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ideas of what you should or should not do at this time. I will try to enlighten you further regarding this period of your lives. Of course the first question which comes to mind is, Why, and what, is the menstrual period? The question so simple to ask is not so easily answered; in fact cannot be answered unless the statement "we do not know" can be considered as such. Theories are many, but it would be of no practical use to you to give them here, so I will omit all. It might be interesting, however, for you to know that besides the female human being only the females of a few of the highest types of apes have this monthly function. This fact makes scientific and accurate investigation very difficult, and is probably the reason why no more has been added to our present store of knowledge.

Ignorance of the nature of this function and how to take proper care of yourselves during the periods is inexcusable and harmful, and in some cases the results in the present are very serious, with consequences extending into the future. Perhaps you have wondered that this function should be established only after a certain age. The reason is very simple. You had not yet reached that period of complete development in which your organs were ready to function. And by functioning I do not mean the menstrual period only, but their main func-

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tion—the act of assisting in creating another human being.

Nature gives warning of the ripening of these organs, and sensible and observant mothers will then have a serious talk on sexual matters with their daughters. It is the foolish modesty or gross ignorance of mothers in this regard that make my talks necessary and cause you to seek outside of your home circle the knowledge that your best friend—*i.e.*, your mother—should give you. This self-same false modesty or real ignorance has cost many a girl her life happiness, and started her on the downward road to shame and the vilest degradation, whereas a knowledge of her sexual functions imparted at the proper time would have resulted in the development of one more happy woman instead of an addition to the already large number of human female derelicts.

This arrival at the age of puberty, as it is called, is at different times in various parts of the world. For instance, in India, the average age at which a girl shows by internal and external signs that she has arrived at this stage of life is about nine years. In certain parts of that country a young woman of sixteen or seventeen years of age who is not married is considered an "old maid." In Iceland, on the other hand, the average age at which a young woman arrives at the age of puberty is between sixteen and seventeen years. In our own country this phenom-

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enon usually manifests itself between the thirteenth and fifteenth years, being somewhat dependent upon the nationality of the mother and the time that the mother herself had come to "the threshold of womanhood." Heredity plays quite a part in forecasting when a girl is about to approach mature life. In some girls the time may come a little earlier, in others a little later.

Among the more important external signs of puberty are the growth of the pubic hair and of hair on other parts of the body, the enlargement of the breasts, and a rounding out, as it were, of the general body contour. Internally, the ova are arriving at the stage of ripening, and the pelvic organs are developing so as to be ready for the first of their functions, that of menstruation. Mentally, the sexual sense has developed, and the girl becomes more self-conscious and retiring. Very soon after this she may menstruate for the first time.

But before this really occurs, there may be months when, even though there is no show of blood, she has all the symptoms and sensations of an approaching menstrual period. She complains of vague pains everywhere or anywhere, often most severe in the back. She may have headaches, with dark rings under her eyes. The breasts seem suddenly to have filled out; there may be a sense of fulness in them, or they may be painful. The girl feels

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depressed, languid, and drowsy. She complains of "a tired feeling," and prefers to lounge around rather than to be active. Mentally, also, she is inclined to be sluggish, her lessons or other duties, perhaps, being attended to with but little interest.

The young girl is inclined at this time to be very irritable, supersensitive, unreasonable, and easily moved to tears. Her appetite may or may not be affected. Some girls have a tendency to diarrhœa, whereas others become constipated. There may be a sense of fulness and weight in the pelvis and its contained contents.

The first time a girl menstruates, the flow may be chiefly of mucus tinged with blood; later, however, as the function becomes established, blood will predominate. After menstruating the first time, several months may elapse before there is another period, or menstruation may thereafter recur regularly every twenty-eight days. As a rule, every girl who has arrived at the age when the monthly periods are established has one every twenty-eight days, or, putting it another way, has practically thirteen periods of menstruation in a year. There are exceptions to this rule; some girls have more than this number, as they menstruate regularly—notice, I say regularly—every twenty-one days; others, every twenty-two days, and so on up to the regular interval of twenty-eight days.

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Where this interval is regularly other than twenty-eight days it is not to be considered as an irregular menstrual epoch. It is only when the time between a girl's periods varies that it can really be called irregular. Therefore, we can say that menstruation occurring more often than every four weeks, unless a shorter interval of time is a regular and fixed habit, is an irregular menstruation, and the doctor should be consulted regarding it.

The periods usually last from four to six days, with the greatest loss of blood on the second and third days. When a girl first menstruates, the loss of blood is apt to be greater than when the periods have become established. But, even in the early days of the menstrual habit, menstruation should not last longer than the normal number of days, nor should the girl be permitted to lose an excessive amount of blood. Of course, even in those in whom the habit is well established, a physician should be consulted to correct what is wrong if the period continues after the normal six days, or if there is an excessive flow of blood after the third or fourth day.

Likewise, the menstrual period is not normal if it last too short a time, or if the loss of blood is scant, or practically *nil*. Here also the services of your medical adviser are needed, and delay only makes a bad situation or condition very much worse. Painful menstruation is not only abnormal but the

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only reason for your monthly period being a time of torture, to be dreaded, is either that you enjoy being a martyr or prefer this suffering to consulting a doctor. There may be a few cases, in single girls, where, seemingly, our remedies fail, but with the great majority relief or cure follows. So, again I say to you, do not suffer unless you desire to do so. The girl who does not menstruate at all after arriving at the proper age, or who only menstruates at long intervals, should also consult a doctor because there may be something anatomically wrong which can be easily corrected and save her from serious consequences. Let what I have already said receive your serious consideration, as well as what I have still to say on this subject. It is important to you in the present, and will be so in the future.

What will help to make a girl healthy so that when she grows up her menstrual periods will be normal and her later duties as a mother easy of accomplishment? In the first place, every child, male and female, should be taught a fixed daily habit of bowel evacuation. It is a most important function, and neglect of it not only causes trouble indirectly in the genital organs, but disturbs the general health as well; therefore its importance is two-fold, for with poor general health the genital organs must suffer also. You all like to be clean without; therefore why not be clean within? Neglect of external cleanliness

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is less harmful than internal uncleanliness, but cleanliness both within and without is essential to good health. There is absolutely no need for you to be constipated because your mother or your sister is or was, popular belief to the contrary notwithstanding.

Another bad habit among women is the endeavor to avoid passing their urine as often as they should. For some mysterious reason, never explained even when inquired into, they seem to try to see how many hours they can go without being absolutely forced to empty their bladders. I am oftentimes amazed at what my women patients tell me regarding their ability to retain their urine without apparent discomfort or annoyance. This is harmful for several reasons:

An abnormally or over-distended bladder needs more room in the pelvis than is normally allotted to it, and in order to obtain this extra space it is very liable to push the womb out of its place, the latter organ being the easiest to displace for the benefit of the bladder. Displacement of the womb from its normal position is one of the most common causes of pain at the menstrual period. Moreover this constant distention of the walls of the bladder beyond their normal limits means that, gradually, the walls of the bladder will lose their normal strength or tone, and urinary incontinence or inability to control

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the bladder will result, and may be temporary or become chronic.

Anæmia, which may be due to constipation (as are many cases in women) or any other cause, is detrimental to the normal act of menstruation, and accounts for the sufferings of a great many girls and women at this time. In our efforts to educate growing girls toward high collegiate standards we should carefully consider their physical health and normal development.

Anything which tends to cause congestion of the pelvic organs is harmful; for example, false sexual excitement aroused by music, pictures, a touch, by masturbation, or what not. I call it false sexual excitement, because it is not a normally aroused sexual desire, nor can it be satisfied or completed by normal sexual contact, which, of course, can legitimately take place only between husband and wife.

A girl's mode of dress is also a factor in sexual health. You cannot lace tightly without distorting and compressing the body and its contained organs. If you have been brought up to wear no body-torturing, health-wrecking corset at all, you are indeed most blessed. Unfortunately, just at the time when they are liable to do most harm—that is, at the stage of development—you are induced by or you induce your fond but foolish mother to put this harness on you.

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Warmth in dress is also essential to the organs which take part in the menstrual period. These very delicate organs are not rendered better able to perform their functions by chilling. In fact, not only does cold retard the performance of their physiological duties, but it is liable to produce conditions with more than serious consequences.

Another and most important thing which not only helps to prevent normal menstruation but subsequently the proper performance of duties at the time of childbirth, and which may even affect the health of the offspring, is the cursed institution of child labor in our industries.

Our civilization is not nearly so high as we flatter ourselves it is; otherwise our women would not be permitted to perform the various kinds of labor in which they are now engaged without regard to their health and happiness or the well-being of posterity.

I am still old-fashioned enough to decry the overworking of women in the business world, and their plunge into so-called society as it is constituted to-day, one mad whirl of dancing, mostly of an improper and suggestive kind, flirtations, gambling, and other supposed pleasures. I hope that at some day, not too far distant and in time to save our nation from the fate of ancient Rome, people will come to their senses, and we will establish a better

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order of things, with more protection for women and children in industry, and a neighborly social life that means proper pleasure for all, and not moral and financial ruin, as does society to-day. You will all be healthier for it because employers, being less absorbed in money matters, will be more apt to remember that women are women, whether in their own homes or elsewhere, and that if their own wives and daughters need special consideration at certain times, so do their female employees. With fewer social duties, these wives and daughters will also have time to realize the necessity of taking care of themselves, and will do so.

When this happy time for all women arrives, the incomes of many physicians, rest cures, health resorts, and sanitariums will be lessened. In fact the number of the insane will also be diminished. It is delightful to look forward to this time, and I hope we shall live to see such an advance in our civilization; a time when each of us will unselfishly seek the welfare of others because we wish to advance the cause of humanity and to be the ancestors of a constantly improving race, a time when the world will be brighter and better because we have lived in it.* Let us try to bequeath to those who come after

* During the menstrual period, and particularly during the first half of it, rest and quiet are to be sought, and highly spiced foods or salads containing vinegar, or like sauces, are to be avoided, as, in fact, all acid or alcoholic liquids or foods.

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us health, happiness, and contentment, instead of a legacy of disease, selfishness, and unhappiness.

REVIEW

I. Describe briefly the internal, female sexual organs and the parts leading to them.

II. What is the great privilege of womanhood and what is absolutely necessary to its successful accomplishment?

III. Describe the change, mental and physical, from the "little girl" to the "big girl."

IV. Name some of the changes preliminary to menstruation.

V. Why does this appear only after a certain age, and what is the mother's duty at this time?

VI. How often should the menstrual period occur, and what should be the normal length of a period?

VII. State different conditions for which a doctor should be consulted.

VIII. What important daily function should be established to promote normal menstruation?

IX. Why is retention of the urine harmful?

X. Give three factors opposed to sexual health.

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III

In this talk we are going to discuss some of the bad habits of girls, habits which, if any of you are addicted to them, should be corrected.

Let us again speak briefly of constipation, although we discussed it in our last talk. I told you that if the rectum be filled up with food débris it will require more space than is normally allotted to it in the pelvis, and, therefore, as in the case of the distended bladder, it will make room for itself by encroaching on the womb, displacing that organ to either side or forward. Again, this accumulation of food débris—*i.e.*, fecal matter,—causes a distention of the rectum, which, if it become chronic, produces unpleasant rectal conditions, even the extreme one of partial or complete loss of rectal control.

The pressure of the fecal matter on the veins of the rectal mucous membrane impedes the return of the blood from the lower extremities and lower part of the body toward the heart, and the resulting dilation of these veins causes the formation of hemorrhoids, or, as you have probably always heard them called, piles. The invasion of the fecal mass by germs or bacteria which cause fermentation promotes the formation of foul gases, which not only

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assist in distending the bowels, but, on being absorbed into the blood, are carried to all parts of the body, poisoning the entire system, thereby weakening the normal bodily resistance and vitality, and causing many sick headaches, vague pains, disturbances of the stomach, painful menstruation, bad breath, and other unpleasant things.

These poisons, circulating in the blood, destroy the blood corpuscles themselves, and in this way bring about an anæmia of a not very mild form. The blood corpuscles which are not destroyed are weakened in their capacity as carriers of body nourishment to the various parts of the body on their way through the arterial system after they leave the heart, and as carriers of waste on their way back to the heart through the veins. So, therefore, in this way also is the vitality of the entire body lowered, viz., through lack of proper nourishment for one thing, and through lack of proper removal of the waste of the system for another thing.

You can see from all that has been said about constipation that it is rather a bad thing with which to be affected. You can and should avoid it, not by the constant taking of medicine, but by the formation of a proper habit which requires you to respond to this demand of nature at a definite time daily, by proper exercises tending to strengthen the abdominal and intestinal muscles; by the eating of proper

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food at regular intervals; by the eating of ripe fruits both cooked and raw, and of plenty of fresh vegetables properly prepared; by the drinking of plenty of water, mostly between meals, and by a general building up of a run-down body.

I spoke to you a few minutes ago of the germs of fermentation attacking the fecal mass in the bowel. I might say, for the benefit of all, that these germs are present, practically, in all of you; therefore the evil results from their presence will be felt whenever constipation is present.

I have also been asked how one can form the very valuable daily habit of a bowel evacuation at a certain time. Much more easy it is than it seems to be. First, let me say that there is some dispute as to the best time for this evacuation, some claiming that it is just before bedtime, others just after arising, while still others think that immediately after breakfast is the best hour. I will not burden your minds with the pros and cons advanced by the various adherents of these hours. Personally, I favor immediately after arising, and then a bath, so that one feels clean within and without to start the day.

Now, suppose you wish to cure yourself of the habit of constipation, and to have a daily evacuation on arising. The way to do it is to go to the toilet every day at this time with your mind intent on what you wish to accomplish, and to remain there

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for five or ten minutes; do not strain, for this favors pile formation within and without. Keep this up for several days. If there be no voluntary result a small quantity of cascara sagrada mixture may be taken to assist. You will have to try it for several days to ascertain just the right time of day to take this medicine in order to have it act at the desired time.

After getting the bowels to act at this time with the aid of medicines, gradually reduce the dosage until the bowels move without it. Do not use saline cathartics to move your bowels except on special occasions; they help to produce anæmia, and most of you need no help toward this condition. Do not use so-called lapactic pills, saline laxative waters, or various constipation pills, tablets, mixtures, etc., as most of these are not cures for constipation, but things which, once taken, you must keep on taking to keep from being constipated. In speaking of the above, I refer to the taking of them regularly, for, of course, there are times when the physician himself will order some of them to relieve certain conditions. Enemata, or injections, as you call them, are always to be condemned because they tend to distend the bowel and, by constant over-distention, to make it lose its normal elasticity, *i.e.*, its muscular power of contracting and expanding.

You note I have spent quite a little time on this

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subject of clean bowels; and this, in itself, should convince you of its great importance to you, so far as your health, comfort, and happiness are concerned.

Now a few more words about the undue retention of urine in the bladder. We have already spoken of the detrimental effect of this upon the normal position of the womb, of its secondary effect upon the functions of the womb, and of the possible effect of gradual but chronic distention of the bladder. This distention may cause acute paralysis of the bladder, requiring the urine to be drained off artificially—an unpleasant and somewhat serious procedure, which, unless done very carefully and with everything as clean as if for a surgical operation, may lead to such operation.

The urine, if retained in the bladder an undue length of time, favors the formation of solid substances, or stones, composed of the various constituents of the urine. Moreover, when the urine contains, as it may under certain circumstances, an irritating substance, lack of tone in the bladder muscles permits it to remain there longer than it should, this causing inflammation of the lining or mucous membrane of the bladder, and prompt treatment by the physician is necessary to prevent a very serious condition.

Do not think that I am trying to alarm you by anything I have already said or by anything I am

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going to tell you in our talks still to come. I am simply trying to give you plain, frank, and unvarnished truths, in simple language that you can fully understand, for your guidance in the present and future. These truths will be of value to you if you accept them in the spirit in which they are offered, and if you will profit by the knowledge imparted.

Cleanliness is the next topic, and likewise a very important one.

Body cleanliness is an asset toward good health, and is most essential in the immediate region of the genital organs, including the breasts. Dirt, or the residue of perspiration allowed to collect around the nipples, is liable to cause either internal or external inflammation and lead to abscess formation. The same accumulation in the folds under the breasts is liable to cause the same results.

Below, in the region of the external genitals, the same accumulations may be added to residue of dried urine and, perhaps, discharges from within. Lack of cleanliness here means chafing, severe, constant, and annoying itching, which, once established, is hard to cure, bad odor, perhaps infection within and without, with possible abscess formation. Where there is no leucorrhœa, or "whites," as many of you call this disagreeable and unnecessary discharge, or have heard it so called, it will be produced if any of this débris is carried within, as it

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most likely will be—and leucorrhœa is a disagreeable affection, as many of you already know.

To forestall your later question, I will say here that it can be cured; the simpler the variety the easier the cure. But why not avoid having it, as long as it is preventable? If it be not acquired, you will not need to go to the expense and trouble of having it cured.

You all dislike having to undergo an examination or any treatment of these parts, so try to keep yourselves well in this particular, and the chances of escaping the above-mentioned trials are much increased, for this condition is the underlying cause of many others in this region.

Of course, all leucorrhœas are not the same and, therefore, this discharge from within must be carefully investigated in order that it may be given proper treatment. Instead of being a simple catarrhal discharge, it may contain pus, or be contaminated with the results of a gonorrhœa. As you will be told later, owing to our present loose standard of morals for men, a standard which I hope my little book entitled "Ten Sex Talks to Boys" will help to correct, many pure, unmarried girls become objects of suspicion, so far as the nature of a leucorrhœa is concerned.

Even during the menstrual period, "cleanliness is next to godliness," the popular idea to the con-

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trary notwithstanding. Do I mean by this that you may have the luxury of a bath and cleanliness during this time? I most certainly do, for I see no reason to the contrary. Of course, on the first or second days and, in some cases, on the third day also, you must be content with tepid sitz-baths, but after that there is no reason why a full tub-bath cannot be taken. Remember, however, that I have not told you that you may take very hot or very cold baths, nor have I told you that you may swim in outdoor or indoor, fresh or salt water pools. I have merely stated that you may take a bath in a tub wherein the water is moderately warm, but you are to stay in it only long enough to give yourselves a quick washing, being careful to avoid chilling when you leave the bath. Attention to these details will permit you to keep your whole body clean at this time without danger to your health or interference with the menstrual function.

Some of my girls have told me that they have been advised to take a douche after each period, as well as at other times for certain conditions. I consider this remarkably poor advice to give to a young woman whose hymen is intact, and if it is ever given to those of you who belong to the above class, I advise you most strongly not to follow it. Girls whose hymens are not intact are regarded with suspicion, so far as their virtue is concerned; and if you

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will recall the position of, and the various shapes of the hymen, as described to you in my first talk, you can readily understand that the use of a douche nozzle might injure this little sentinel of your virginity or sexual purity, and put you in a position not much to your liking. You cannot see what you are doing while you are attempting to insert it, so you can see just how likely are the chances of your harming yourselves in this way. If a doctor, for any medical reason, has to interfere with the hymen in any way, he usually gives the patient a letter to that effect for her protection in the future. To a single woman whose hymen is intact, a douche should be given only by some one who understands how to do it without injury to this little piece of skin, and to some girls a douche could not be given at all without interference with the integrity of the hymen.

In a later talk I will have something to say regarding dress. The evil of corset wearing has already been mentioned in a general way, so far as tight lacing goes. That, however, is not the only bad point in corset wearing. Suppose we spend a little time in discussing some of the others.

By their shape, and by the fact that they can be worn very tight, corsets retard the muscular development of the back and tend to produce round back, rotary lateral curvature, and weak back, the latter often accompanied by a great deal of pain and dis-

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comfort. The deformity so produced causes various displacements of the internal organs, and thereby becomes a factor in the causation of painful, and even irregular, menstruation.

The development of the abdominal muscles is also interfered with, thereby favoring constipation, rupture of the navel later in life, and prolongation of the time of childbirth in which they play a very important part; and the lack of tone in these same abdominal muscles weakens the support for the abdominal contents and thereby induces various menstrual disturbances. With the tight-fitting, and still more with the tightly-laced corset, the abdomen and its important contents, the vital organs of life, are pushed out of place, distorted in shape, and constricted in volume. There may be such a thing as a sensible corset—I am sure there is—but certainly it is rarely in actual use.

I repeat, however, what I said before, that the wearing of a corset is unnecessary, foolish, and contrary to the laws of health, therefore not conducive to your welfare and happiness. The wearing of anything tight around the waist or chest is unhealthful. Remember the women of antiquity who were renowned for their faces and figures, the beauty of which has been handed down to us through the centuries, and then recall their dresses of loose, flowing style, and the loose, broad sandals they wore instead

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of ill-fitting, high-heeled, narrow, pointed shoes, several sizes too small, as do some of the girls of to-day.

My talks were not intended to be on dress-reform, so I mention only a few articles of your apparel which are in every-day use and really detrimental to your health. Later on, I shall probably have to mention some other things, when I speak of immodesty, unintentional perhaps, but immodesty, nevertheless.

The next bad habit I will mention is one which, unfortunately, is prevalent in both sexes and alike harmful to both. When practised by one girl it is harmful enough, but when practised between girls it is a most pernicious habit, which should be vigorously fought against.

Right here I want to tell you as emphatically as I can that the sexual relation, even though a normal, physiological function, is *absolutely unnecessary to the health or well-being of either sex*. You will, then, readily understand that neither illegitimate sexual relations nor masturbation need ever be indulged in.

Many girls who imagine they feel the need of sexual gratification are entirely mistaken, and are, in reality, suffering from certain conditions in or about the genital organs which, if corrected by their physicians, would stop the sensations aroused by these irritating, unhealthy conditions. Again, some

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have their sexual passions falsely aroused by the food they indulge in, by liquor of various kinds, by so-called "funny" stories or jokes dealing with the sexual relation, by the company which they keep, and last, but by no means least, by the pleasures in which they participate, the kind of plays they see, and of books they read.

Read only books worth while, or, if you will read trashy ones, avoid those which have no other reason for being put on the printing press but that they are immoral and calculated to arouse sexual feelings. Let the publisher who brings out this kind of book find to his cost that he cannot profitably set about to fill your minds with unhealthy thoughts which may, in the long run, be your ruin. It is the same with the theatres. Patronize those which produce "clean" plays, and show the managers who debase your sex by causing members of it to appear on the stage in various phases of undress, or those whose plays are passion-arousing, or unclean from a moral standpoint, that failure, financial and otherwise, will be their portion.

Masturbation is, as some of you may know, the arousing of the sexual desire and the satisfaction of it in other than the usual way, according to the laws of nature. The female may practise it in many ways, but I will not go into details; some of them are too disgusting for utterance. This much must

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be said, however, as it is important: Masturbation, if indulged in to excess, will cause a breakdown of the nervous system, and cause you to end your days in a madhouse, or send you to an early grave. It is but just to explain to you that excessive normal sexual indulgence, even though legitimate, will do likewise. In either case, is it worth while? There is more in life than merely the sexual passions. If any of you who are my auditors are guilty of indulging in the pernicious habit of masturbation, I advise you to stop it at once, for your own present and future good. If your own will-power is too weak to accomplish this without moral and medical support, I advise you to consult your family physician at once. Give him your full confidence, and, if he be worthy of the name, you will have his full sympathy and aid.

And that's the truth

To those of you who are ignorant of the methods of masturbation in the female, I would advise you strongly to remain in ignorance. Ignorance is really better than too much knowledge on this subject, and I strongly advise you against those of your girl friends who would enlighten you. They are dangerous, and probably unfit companions in other ways.

Choose your friends most carefully. Have, if you will, many acquaintances, but admit to your circle of friends only the best, and this refers to boys as well as to girls.

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Avoid girls who are too affectionate and demonstrative in their manner of talking and acting with you; who are inclined to admire your figure and breast development; who are inclined to be just a little too familiar in their actions toward you; who are inclined to be rather free and careless in the display of themselves in your presence; who press upon you too earnestly invitations to remain at their homes all night, and to occupy the same bed they do. When sleeping in the same bed with another girl, old or young, avoid "snuggling up" close together. Avoid the touching of sexual parts, including the breasts, and, in fact, I might say avoid contact of any parts of the body at all. Keep your night robe about you so that you are as well protected from outside contact as its size will permit, and let your conversation be of other topics than sexuality. Do not lie in each other's arms when awake or falling asleep; and, after going to bed, if you are sleeping alone or with others, just bear in mind that beds are sleeping places. When you go to bed, go to sleep just as quickly as you can. If possible, avoid sleeping with anyone else. It is more healthful and sanitary to sleep in a separate bed. And, although this is a step in advance of my next talk, I would say that certain diseases, both those affecting the genital organs and others, are often conveyed through contaminated bed clothes, body contact, the breath, etc.

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You can see for yourselves, therefore, that separate beds are good for more reasons than one.

I feel that what I have said here is a very brief summary of a serious, yet most delicate subject. I have not said much, and have tried to choose my words most carefully, because I did not want to suggest to your minds any false ideas, nor to offend the modesty of the most innocent or most puritanical of my auditors. Yet the subject of masturbation is a serious and important one and had to be taken up, and I should feel remiss in my duty toward you if I had not said enough to impress upon you the importance of avoiding this most pernicious habit if you are still innocent of self-indulgence, and to have convinced those of you who may have practised it that you should not do so, and that you can be cured of such a habit.

The evils of masturbation which, as you have already learned, can be both mental and physical, are, first, an unnatural mode of satisfying the sexual appetite when it is aroused; second, it leads to over-indulgence which is extremely harmful both mentally and physically, and, as I have stated, over-indulgence in even the normal sexual habit is extremely harmful; third, it is enervating and causes secretive habits, and when one practises deceit in one way it becomes easy to be deceitful in other ways, and lessens one's sense of honor and high ideals; fourth,

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it brings about a chronic productive inflammation in all the sexual system which leads to serious consequences not only here, but also in the nervous system; fifth, in some of those who become slaves to it there is a loss of the normal sexual appetite, and this is not desirable for the future of yourselves or the race in general.

These are only a few of the reasons why I have spoken on this subject at all. There are others, but time will not permit me to discuss them all. I have told you enough to demonstrate that masturbation is an unnatural, harmful, and, in every way, unnecessary practice, and the wise girl will absolutely refrain from it. Those who do not must, whether willing or not, take the consequences they bring upon themselves. If you will just bear in mind that masturbation or actual sexual relations are absolutely unnecessary to either man or woman, you are not liable to slip into immoral ways.

Again, I say, study most carefully those whom you select for friends and see whether they are worthy of being cultivated as such, and I warn you to let this study extend to both sexes. There are many young men with whom you should not associate because their reputations are not good, or because you have noticed something in them which makes you feel you cannot safely be seen with them. Put your girl acquaintances of whom you would make friends under the same close scrutiny, for as

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many girls have learned bad habits or have strayed into paths of immorality through females as through males.

Let me tell you that some girls are low enough to accept pay for bringing about the moral ruin of members of their sex; and, unfortunately, their number is not small, for they are to be found everywhere, in the smallest village as well as in the largest town. Girls who have become discontented with their lot are easily influenced by the sweet, honeyed lies of these vile creatures. Beware of strange women, as well as of strange men, who seek to shower favors and other things upon you for no apparent reason except that they are strangely attracted to you. If you do not, you will live to regret it. Thousands of your sex already have, and lie in nameless graves away from home, most likely in a pauper's burying-ground, because they had become so degraded in name and fact as to be lost to "the old folks at home."

REVIEW

I. How are hemorrhoids caused and how the formation of gases?

II. How does constipation affect the blood corpuscles?

III. How may a habit of correct bowel evacuation be established? Explain fully.

IV. Describe the ways in which the bladder may be affected by undue retention of the urine.

V. Name one great asset toward good health and describe its importance in the region of the genital organs.

A. Regular intercourse (sic)

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VI. What is leucorrhœa? Mention some of its most disagreeable features.

VII. How can cleanliness be observed during the menstrual period and what must be avoided?

VIII. What makes corsets harmful? State fully.

IX. Explain some of the many evils of masturbation.

Q X. Explain how it may be avoided as regards the arousing of sexual desire by acquaintances, reading, etc.

A Cut off the gonads

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IV

In this, the fourth talk of our series, we will take up the subject of venereal diseases, the most loathsome of all human ills that leave disgrace and suffering in their wake; diseases that can blight a person's life from the very minute of coming into the world until the leaving of it; diseases that may cause lifelong suffering and insanity; diseases that in their ravages affect the innocent just as severely as the guilty. Worst of all is the fact that they could not only be prevented, but entirely stamped out of the world. Proper education concerning sex, given to both sexes, combined with the practical application of the knowledge thus obtained, would promote human health and happiness to an inestimable extent.

Only those who practise medicine can realize the enormous amount of damage done the human race by these diseases, and they know that my statements are not exaggerated. Question them, and perhaps you will be convinced that not only do I not exaggerate, but my statements are most moderate, the language in which they are couched by far too mild, to do justice to this shameful, disgraceful, and revolting state of affairs.

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Just think of it, 30 out of every 100 blind persons that you see lost their sight at birth from one of the diseases designated as venereal; whereas others became blind later in life from the pus of this same disease! Others again lost their sight through another of this class of disease.

The asylums for the insane have inmates, both old and young, who can be counted among the victims of venereal diseases. Probably 75 women out of every 100 requiring surgical operations upon the sexual organs could trace the origin of their trouble to venereal disease. The number of men who could trace the need of operative procedures to such a source has never been estimated, but the percentage must be very large. Nature certainly exacts a heavy toll for violation of the laws of morality, being somewhat unreasonable, perhaps, in her exactions, because she makes the innocent suffer with the guilty,—the children with the parents, the innocent wife with the guilty husband, or the reverse, as the case may be.

We call these diseases venereal because of the parts affected by them, the word "venery" referring to certain things pertaining to these organs, just as we designate various diseases of the heart, for instance, as cardiac diseases. The two principal venereal diseases are gonorrhœa and syphilis. We will

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discuss them both, and first the more common of the two, viz., gonorrhœa.

Gonorrhœa is an acute, infectious disease caused by a germ known as the gonococcus of Neisser, Dr. Neisser having been the discoverer of this particular enemy of the human race. This germ is highly virulent or poisonous, and the inflammatory processes set up by it are very destructive. For instance, gonorrhœal pus in the eyes means total destruction of the eyesight unless exceedingly prompt treatment is instituted.

Gonorrhœa is usually transmitted from person to person in the performance of the normal sexual act, the infected person being, of course, the source of infection for the other; therefore the usual place of infection in the female is the vagina. This infection, however, can be conveyed by an unclean toilet seat which has become contaminated from use by a person with this loathsome disease, and the toilet seat need not necessarily be one outside of your own home. It can be conveyed by soiled dressings from a case of gonorrhœa, by unclean instruments which have been used about such a case and then not thoroughly cleaned, or by fingers which have been in contact with gonorrhœal pus. Masturbation by another person who is so infected, and may, therefore, have some of the pus on her hands, is a very apt way of conveying the disease from one to another.

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Next to the vagina, the eye is probably the most common seat of direct infection by this loathsome disease. Of course, infection of the eye is usually accidental, and is due to rubbing it with a soiled finger or handkerchief on which there is some of this pus. If the eye is affected with gonorrhœal pus, I want to say most emphatically that you must get the most expert medical advice possible, if you want to save the eyesight of the person whose eye or eyes are affected. It is a most serious matter, and requires immediate attention. At birth it has deprived many a child of sight, in whole or in part. Innocent little children have lost their sight wholly or partially by accidentally becoming infected by it in various ways while playing about; grown folks, likewise, have paid the penalty so far as eyesight is concerned, for their own or other's "wild oats." And please bear in mind what I told you in the beginning, that this is a most unnecessary and easily preventable disease.

Let us see what follows the entrance of the gonorrhœal infection or germs into the vagina, disregarding the way it got there. It immediately sets up an inflammation with the result that it passes through the lining membrane of the vagina and sets up a disturbance with a general reaction throughout the entire body. This reaction may appear as chills,

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fever, and languor, and may be severe enough to keep the affected person in bed for several days.

The germs burrow their way into every gland that opens into the vagina, and there set up inflammatory reactions. There are several pairs of these glands which may be so affected, and, believe me, I do not exaggerate when I tell you that gonorrhœal invasion of these glands is one of the hardest parts of a gonorrhœal infection to cure, if, indeed, it ever is positively cured. As a rule, wherever this inflammation is set up there is pus formation, therefore gonorrhœal leucorrhœa follows.

In the glands abscesses may form which must be treated surgically, and even then the entire gonorrhœal infection is not overcome. If some of the germs effect an entrance into the urinary orifice, and in nine cases out of ten they do, this also becomes infected, and the inflammation travels up into the bladder and, in some cases by this direct route, may extend even into the kidneys. At any point in the urinary system, abscesses are liable to form, and surgical treatment must be resorted to for the evacuation of the pus, but it leaves the gonorrhœal infection still present.

Abscesses of the urinary tract, no matter from what cause, are always extremely painful. When the urinary system is involved, the pain is very severe even if no abscesses be present, the passing of

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the acid urine over the inflamed mucous membrane ofttimes causing the patient so much suffering that she faints. Acute suppression of urine may result from the patient's endeavoring to refrain from passing it because of the suffering she knows is in store for her. Of course this only adds to the complications of the situation.

When the gonococci travel up from the vagina into the womb, they set up there a severe reaction, which may so affect the womb as to render it incapable of performing its physiological function at the time of possible pregnancy, with the result that the woman so affected is unable to bear children, a most unfortunate state of affairs for any normally constituted woman. Multiple abscesses may form in the womb, necessitating surgical treatment, even to the entire removal of the womb from the body. Need I state that with no womb the woman so afflicted can never know the joys of motherhood?

The infection may continue on its travels, and, recalling our lesson in anatomy, you know that the next place for it to go is into the tubes. With pus formation here, the only thing to do is practically to remove the tubes, hence the ability of a woman to bear children; because, with both tubes removed, the ripe ovum has no way of travelling from the ovary to the womb; therefore there can be no fertilization. Or, again, there may be no actual pus

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formation necessitating the removal of the tubes; there may be only an intense inflammation in one or both tubes, with the oozing out of a sticky discharge which covers the mucous membrane lining the tubes. This may cause the opposite sides of the tube so affected to adhere to each other, closing up the opening or lumen, thereby rendering the passage of an ovum impossible, and producing the same result as if the tube were missing. With either of these conditions in the tubes, there is much pain and suffering for the patient.

Should the infection find its way into the ovaries, it may, in getting there, set up an inflammation of a most serious kind that you have heard spoken of as peritonitis, which is an inflammation of the membrane in which practically all of the organs of the abdomen are enveloped. I leave you to imagine the possibilities that may result from such a state of affairs.

If abscesses follow gonorrhœal infection of the ovaries, surgical treatment will be necessary. If there are no ovaries there can be no ova, and without ova to be fertilized there can be no children. The removal of the ovaries also disturbs the menstrual periods—in fact, if the entire two ovaries are removed, usually causes them to cease altogether; adds greatly to the mental and physical suffering and the general misery of the woman; and, because of the physical pain and mental or nervous symptoms

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makes quite an invalid of her for some time, and perhaps for life.

In some of these cases, permanent insanity is the outcome of the trouble. In others, the damage from the infection is so great as to necessitate the removal of all the reproductive organs of the woman, meaning, of course, her practical unsexing,—a most undesirable state of affairs. Even though gonorrhœal infection of the ovaries does not run so severe a course as I have outlined, it will do great damage and cause most intense suffering.

Again, supposing that the infection runs a milder course, and that the woman becomes a chronic sufferer from gonorrhœa; after marriage she becomes pregnant, and during the delivery of the child some of the gonorrhœal pus in the vagina of the mother gets into the eyes of the child. It means destruction of the child's eyesight, another blind baby, unless preventive measures are immediately instituted.

A careful, up-to-date doctor takes no chances in any case; but, realizing the shameful prevalence of gonorrhœal disease, takes preventive measures with every child he helps into the world, whether he thinks the mother is a carrier of gonorrhœa or not. Whenever he delivers a child he drops into the eyes a few drops of silver nitrate solution, and thereby kills any infection which might be in the child's eyes, no matter what the source. As future mothers

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I advise you to remember this fact, and when the time comes for you to receive God's blessing in the shape of a darling little baby, to recall this particular bit of advice and remind your medical attendant, whether midwife or doctor, that this should be done, and insist upon its being done immediately. If you feel that you cannot absolutely trust your attendant to do it at once, have it done in your presence.

You do not want to have a blind baby—to blast a helpless, innocent little being's life at the very beginning of its existence. You do not want to read in a pair of sightless eyes the reproachful and maddening message, "I was blinded through my father's immorality, and my mother's indifference or carelessness." You want a bright, happy, laughing baby, one that can see and rejoice in God's daylight; not a baby condemned to eternal night, with its never-ceasing darkness. These few drops of silver nitrate solution will spare any baby from this affliction, even though the mother has been so unfortunate as to have been contaminated with gonorrhœal infection, and may still be a victim of it, in its chronic form.

If the baby happens to be a girl, the gonorrhœal infection of the mother is liable to get into the child's vagina during the time of birth, and cause disease and pain, besides making the child a source of danger to

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every other child about her, to say nothing of the fact that she may infect her own eyes with the pus.

You see, therefore, that with merely this disease to consider, a pure life is advisable for both sexes. When we take up the other of these detestable diseases you will, I am sure, agree with me that morality is positively beneficial to the human race, and wonder how any one can fail to realize it.

How can you protect yourselves from gonorrhœal infection? First, by not indulging in illegitimate sexual relations, for a man who might think twice before taking the chances of infecting his wife will not worry should he communicate any disease to a woman who is willing to have illicit sexual relations with him. Second, by refraining from masturbation, and from having the genital parts handled in any manner, by anybody, not even yourselves, except for purposes of cleanliness. Third, by never using towels that have been used by anybody else; especially dangerous are the large roller-towels in public places. They really ought to be forbidden by law, for they are the means of spreading many diseases. Fourth, by cleaning a toilet seat as thoroughly as possible before using it, and, even after cleaning it, avoid, so far as possible, having the genital parts touch it. This refers to the toilet seat in your own house as well as in others, for, unfortunately, any member of your family affected with

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this disease may be just as careless of the rights of, and dangers to, others as outsiders. Some day the toilet seat in the shape of an inverted U will be adopted everywhere in place of the present oval-shaped one, and then toilet seats will not be quite such dangerous disease carriers as they are now.

Fifth, by insisting before marriage that your prospective husband have himself thoroughly examined by a good physician to be sure that he is free from such disease. If a man truly loves a girl he cannot object to being asked to have such an examination made, especially if, up to that time, he has indulged in sexual relations with anybody and everybody. He certainly should want to take no chances, and surely would not desire to ruin your health and happiness when you become his wife, nor to run the chances of having his offspring blinded at the time of birth.

Most men, through ignorance of what is good for them and lack of knowledge of the terrible chances they are taking, not only with their own health, but with that of their future wives and children, do indulge in the sexual relation before marriage. This is owing to the fact that, at present, we have that queer double standard of morals which makes immorality in the woman a most unpardonable sin, whereas the same action in the man is a pleasurable necessity to his health.

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Of course this latter statement about the sexual relation being necessary to the health of a man is nothing but a lie, a most vicious lie without a grain of truth in it.

There is absolutely no reason or excuse for either man or woman indulging in illegitimate sexual relations on the ground of health or otherwise. When so indulged in, it is either to satisfy animal desire or for some pay, which may be money or other recompense. I regret to say that it is usually the woman who is guilty of the almost unspeakable shame of offering herself to men for sexual indulgence as an ordinary commercial transaction—in other words, for personal gain. It is hard to imagine how a woman can sink so low, be so utterly lacking in self-respect as to make the sacred sexual relation a thing of barter or every-day business. One can imagine a foolish girl being carried away by the glib tongue of a man for whom she has some affection, and believing the false promises he is making her to gain his end, but deliberately to make her sexual organs a means of gaining a livelihood, is to drop in the social scale about as low as any one can possibly get. Dr. Lyman Abbott recently expressed his views in the New York *Times* as follows:

Some girls are seduced, betrayed, and abandoned; some are captured by wiles or by force and enslaved; some are driven into professional vice by the exceeding difficulty of

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earning a livelihood by honest industry; some are enticed into it by their love of pleasure and of display and by the false notion that it is an easy way of earning money; some drop into it through ignorance and incompetent or vicious home training, and a great many through inherent mental defectiveness.

Just a word to the girl who may be easily influenced by the lies of the man who pretends to love her but whose real object is to ruin her body and soul, and who, having once degraded her, will attempt to keep her in degradation for his own benefit. How can I say emphatically enough to this girl that no man in his senses and having proper respect, not to mention true love, for a girl, would ever make such a base proposition to her. If he really loved her he would not want her to sacrifice her good name and life for him. Even if he meant all the promises he might make her at this time, he knows that, having accomplished her ruin, he would not hold her in the same esteem as before, just because she lowered herself for him. He is suspicious of her, and thinks that if she became a " fallen " woman for him, others would have the same influence over her. Life is uncertain, and sudden death always a possibility to the most healthy of us. Even if a man were honest in his intentions to marry a girl under these circumstances, how would the girl fare in case of his sudden death? Her good name gone, she would find it

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difficult to re-establish herself in the eyes of the public.

Moreover, if a girl who is silly enough to trust a man to this extent could hear him talking openly about his relations with her, she would soon realize how foolish she was to believe him. There is never any excuse for such relations taking place before marriage, and never any good reason why a marriage ceremony should not be performed. Oh! I know the man in the case will offer many excuses, but if he loves you well enough to desire to act as a husband toward you, and you love him enough to act as a wife toward him, no excuse can stand in the way of a legal marriage; in fact, there is none. Money affairs or other alleged reasons are not real ones. If the man thinks, or if you think, they are real obstacles to an honorable marriage, then they are most excellent reasons for not indulging in illegitimate relations.

Every girl can do much toward bringing about the end of immorality: first, by being pure and above reproach herself, and, second, by insisting that those of the opposite sex who desire to be received by her as friends be the same. Give them their choice. They must either give up their immoral women associates or hold to them entirely, so far as you are concerned. Be the champions of your "fallen" sisters, and refuse to countenance their further deg-

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radation by those who would call themselves your friends. Do not sit by and be a passive accomplice in the cheapening of womanhood, and the most sacred of all human relations.

Third, you can endeavor to bring back to the straight and happy path of virtue those girls who, you know, have strayed from it. It is never too late for a girl to return to a good life, and it is your duty to help her to the utmost of your ability. If each one of you would "rescue just one brand from the burning," my little instructive talks to you would be more than amply paid for. Remember the words of the old hymn, "While the lamp holds out to burn, the vilest sinner may return."

If you endeavor to do this good for some poor unfortunate who has erred, somewhere will be rising earnest prayers of thankfulness from some sorrowing family, and the Recording Angel above will certainly enter your deed in His book. Personally, I know that I would do everything in my power to help a repentant girl back to a pure life, and I sincerely hope that each and every one of you would do the same. It will be to the advantage of every one of you to further the cause of social purity in every way that you can. At present the wedding night means, for too many women, loss of health and happiness, and probably serious surgical operations in the future,—a very sad harvest to reap

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from what should be the happiest time in their lives.

The matter of gonorrhœal infection cannot be passed over lightly. The fact that many a husband who wrongs his wife by transmitting to her a gonorrhœal infection does so innocently does not make her physical suffering any less. The fact that he may think himself cured of the disease acquired before marriage does not alter the case. I am, and always have been, in favor of a law requiring every applicant for a marriage license, both man and woman, to present from a reputable physician a medical certificate of at least good sexual health. Some states already have such laws, and strictly enforce them. Every girl can and should be such a law unto herself. You are no coward, nor any the less a devoted lover, because you seek to conserve and protect your own health and happiness, and that of your future children. Rather you are a sensible girl, seeking to be a good wife and mother, and having the best interests of your proposed husband at heart. He will not want an invalid for a wife, even though she be one of his own making, so better a thorough understanding before the wedding ceremony than a life of unhappiness for both afterwards, besides pain and suffering for the wife.

Remember, too, that the immoral girl suffers all these unpleasant and painful things as well as the

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wife; only the former is less liable to escape them, for no man stops to consider his condition when he is going to consort with an impure woman. Again, lack of care of herself, which a life of immorality precludes, also makes suffering more certain for the girls whose morals are loose; for without care things go from bad to worse and finally reach the point of maximum intensity in physical suffering, to which are added the pangs of mental anguish, caused by ever-present remorse. You know there are times when one can stifle the "pricks" of conscience, but when in pain mental resistance is usually weak.

If you work for social purity in both word and deed, you are going to add to everybody's happiness, including your own. God did not make the act of creating our race one to be debased by lowering it to a popular form of dissipation or of barter. Neither did He intend those of you to whom He gave the right of motherhood to sell to men the privilege of making this act a mere animal pastime. As future mothers of sons and daughters, you should be deeply interested in social purity, for none of you wishes to think of a future son as being a despoiler of your sex when he comes to manhood, or of a future daughter as being willing to offer herself for money for the sexual gratification of men. Neither do you want to be an unnecessary martyr

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to our present false and debasing social code, when a little common-sense on your part will serve to protect your health and that of any future offspring.

Just think it over carefully, and you will certainly be a most earnest worker in the cause of social purity. Remember there can be no sexual vice without both sexes participating. It is no use to accuse one or the other of being to blame; it takes two to make a bargain. Work in order that, so far as you can prevent it, no member of your sex that you can advise or control will be a disgrace to womanhood. Constitute yourself your sister's keeper, and let the account of your stewardship be a creditable one. I need hardly say that the influence of a good example greatly assists your verbal efforts.

Before closing this talk I want to add to the list of possible gonorrhœal carriers, contaminated bedding, bathing suits, swimming pools, and bath-tubs. Never sleep in a bed used by others unless the bedding has been changed. Never use a bathing suit used by another, unless you know it to have been washed and boiled. In most indoor swimming pools the water is not changed frequently enough, and in many of them nude bathing is allowed, hence the water is readily contaminated by pus discharges. All bath-tubs should be thoroughly scrubbed before using.

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REVIEW

I. What are the effects of venereal diseases, and how may they be averted?

II. What is gonorrhœa and what does it produce?

III. How is it usually transmitted? Name other means.

IV. What is the usual place of infection in the female, and where else may it be found?

V. Explain how it affects the vagina.

VI. How does it affect the urinary system? Explain why.

VII. What is meant by "unsexing" the patient, and state fully why this might be necessary.

VIII. What measures should always be taken to safeguard the eyesight of a new-born babe?

IX. Name at least five ways in which you may protect yourself against this infection.

X. In what way can you help to advance the cause of social purity?

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V

JUST a few words of recapitulation regarding gonorrhœal infection before I pass to the second of these venereal diseases, viz., syphilis.

I told you that gonorrhœal infection sometimes sets up a general reaction, but I neglected to state that when the germs get into the blood and are circulating throughout the body masses of them sometimes collect in one or more of the joints of the body, and there set up an inflammation somewhat like a rheumatic condition, but much more dangerous and painful. We call this inflammation gonorrhœal arthritis.

Besides being a disease which causes most excruciating pain for a long period, a pain which makes that of ordinary rheumatism seem a mere trifle, this inflammation produced in the joints is a most destructive one, which produces in the construction of the joint tissues that which may destroy them forever. Do you understand fully what I mean? When this disease—gonorrhœal arthritis—affects a joint, the patient is liable to be crippled, so far as that joint is concerned. The disease may attack several joints, and finally destroy them. When it does not entirely destroy the joint, it may leave it partially disabled;

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in either event it is rather a serious matter, and is certainly a strong additional argument for social purity in both sexes.

As the germs of gonorrhœa may effect entrance into your system whether through immorality on your part or the part of another, I again repeat what I have said so many times, avoid sexual familiarity of any kind. Insist upon your prospective husband undergoing a thorough physical examination to ascertain whether he is sexually healthy before he becomes your husband, and entitled to sexual relations with you. I cannot too strongly emphasize this point, and you cannot be too particular in carrying out this advice. You owe it to yourselves and to posterity.

We shall now pass to the discussion of a disease that is, perhaps, the most loathsome of all the diseases that human flesh is heir to, and to be afflicted with which, if it becomes known to those with whom one comes in contact, makes the person so diseased a most unwelcome guest anywhere. It is a disease that causes both mental and physical suffering, and is not infrequently a cause of suicide. It has three stages, each very troublesome and painful. Its complications and sequelæ, or results, are to be dreaded. Its victims help materially to fill the asylums for the insane and feeble-minded. Its poisons are strong enough to kill the unborn child when a miscarriage

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has not already destroyed the growing human seedling; they are even strong enough to prevent pregnancy by destroying the viability of either the male or the female contribution to reproduction, or both. Even when the child is so unfortunate as to be born alive, it is born with the disease, and merely comes into an inheritance of pain, suffering, and disgrace; possibly also feeble-mindedness, or worse. It goes through life with the taint of syphilis attached to it, and is always in dread of the disease breaking out in him or her, although medical treatment for it may have been taken.

Even with the most thorough treatment, it is a difficult disease to eradicate permanently, and it certainly well illustrates the biblical quotation, "And the sins of the fathers shall be visited upon the children, even unto the third and fourth generation." Like gonorrhœa, it may attack the innocent as well as the guilty, as many learn to their cost. Doctors and nurses have been known, all too frequently, to contract it in caring for their patients, and these martyrs to their profession are punished in the same severe way by this "black plague" as those who contract it in the pursuit of illicit sexual relations or otherwise.

Moreover, it is a disease for which there is no excuse at all. Morality would stamp it out for all time, and without syphilis in the world many other

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diseases would find less favorable conditions for attacks on the human race. A strong, healthy human body has the power to resist the germs of many of our diseases, but none seem to have enough resistance to come into contact with the poisonous germs of either syphilis or gonorrhœa and not be infected.

Is this not significant? Does it not seem to point a moral? It certainly should be a strong argument in favor of morality, even to an unreligious mind. To the religious mind no further words from me are necessary. If gonorrhœa is an evil thing, on hearing what is to follow you will agree with me that syphilis is worse, and that neither is desirable to harbor in your system. If, as has been said time and again by philosophers, there is no happiness without good health, once attacked by these diseases your chances of happiness are small.

What is syphilis? It is an acute infectious disease, transmitted usually by personal contact in the course of the sexual relation, although it can be transmitted in many other ways, especially by kissing. Barring the sexual way, perhaps this is the way in which it is most often given. It has recently been discovered that it is a germ disease—I use the word "germ" in a broad, general sense. The scientific name for this germ is "Spirochæta pallida Schaudinn." A hard name to remember, think you, but if you are ever so unfortunate as to harbor any of

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this tribe in your body, the results will never be forgotten by you or yours unto your dying day, for the disease, in its most virulent form, and with its ever-changing but continuous complications, is enough to make you regret that you were ever born.

The virus, or poison, of syphilis may be got from any glass, cup, or other drinking vessel which has been used by a syphilitic person and not properly disinfected. Therefore, you see that more than the danger of tuberculosis lurks in the common drinking cup, whether it be at a water faucet, soda fountain, saloon, or elsewhere. The syphilitic virus may be conveyed by any other article handled by a person afflicted with the disease provided that any of the syphilitic discharges have gotten on these articles. You can, therefore, see that a syphilitic woman is something of a menace to those about her, and when the true state of affairs becomes known the diseased person finds to her discomfort and embarrassment that everybody is inclined to keep at a safe distance from her. Wherever she goes the attitude, "I prefer your room to your company," is noticeable, and the feeling that she is "of the accursed," and therefore to be shunned, is humiliating, and to some almost maddening.

The worst thing about these diseased people is the fact that many of them are absolutely indifferent as to the rights of others. Realizing that people hold

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aloof from them, they seem to harbor a revengeful spirit, and do not seem to care whether or not they infect others—not a commendable spirit, and one fraught with real danger, so far as the general public is concerned. To prove to you that I do not say these things and utter so many warnings unnecessarily, I might mention an incident brought to my attention a little while ago.

A certain person was warned that he had syphilitic ulcers in the mouth. His physician, being most conscientious, took the time and trouble to explain to this man that he was a menace to others. The man professed to be shocked and much impressed by what was told him, and promised very faithfully to protect others from any possible contagion. Did he do it? Judge for yourselves when I tell you that, less than two hours later, he was drinking at a public fountain from a glass that was to be used by others.

Perhaps the time is not far distant when health boards will deal with these venereal diseases as they deserve to be dealt with; but, until that time comes, we must do what we can to protect ourselves.

Syphilis usually takes from about two to three weeks to develop, when a single sore makes its appearance at the place where the syphilitic poison entered the body. It is a peculiar feature of this disease that one can always tell where the infection entered the body by the location of this first sore.

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It is also a reliable indication as to the manner in which the disease was contracted. Do you realize that, when infected by a disease which, although fully present, may not manifest itself for some fourteen to twenty-one days and perhaps even longer, an immoral individual, travelling from person to person, can, even unintentionally, spread this disease before he or she realizes its presence in the system?

After the appearance of this sore, there are no further developments until forty to fifty days later, when constitutional symptoms appear. Again you see how easily the disease may be spread if, by chance, the patient disregards the appearance of the sore, or if, on going to the doctor, the sore is not properly diagnosticated. You will understand the preceding statement when I tell you that there is a venereal lesion caused by an entirely different germ and that is comparatively harmless, which somewhat resembles the initial lesion or sore of syphilis, and also that this initial sore may be any one of six different varieties.

The rash of the disease usually first appears at the navel (the little button-like depression at about the middle of the surface of the abdomen) on about the sixtieth or seventieth day and spreads rapidly over the body, the back of the legs, and the front of the arms—in other words, the flexor surfaces of the extremities. It also attacks the face and scalp.

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On fading, the eruption usually leaves brownish, red, or copper-colored spots. There are several different types of syphilitic rashes which may appear in this disease, so here again it is easy in the early stages to make a mistake in diagnosis, and thereby allow the disease to be spread. Dangerous mistakes, think you, and I fully agree with you.

In the course of this disease practically no part of the body is exempt from its ravages. It attacks or affects the hair of the head as the uppermost, and the soles of the feet as the lowermost point, and all of the body between these points. It attacks not only the hair of the scalp, but the hair in all parts of the body. Through ulceration of the lids it may even attack the eyelashes. The hair may fall out in spots or entirely, or there may be a general thinning of it. The nails of both fingers and toes may be attacked, the former more often than the latter, and the resulting disfigured nails are a "speaking" advertisement to those about you of what disease you carry. When the disease attacks the nails the skin surrounding them may also become affected.

As I told you in a previous talk, the lining skin or membrane of any of the internal cavities of the body, such as the mouth, vagina, stomach, etc., is known as a mucous membrane. These membranes are very apt to be attacked by the disease with resulting ulceration which may go on to actual abscess

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formation. The discharge from such ulcers or abscesses is very infectious and, therefore, most dangerous. Think of the extent of these mucous membranes, and you can easily realize what damage can be caused by such ulcerations on these surfaces alone.

The syphilitic lesions of the tongue have a marked tendency to degenerate into cancerous growths. Often necrosis of the bony, or hard palate and upper jawbones takes place in the course of the disease. As the bone rots away, the teeth become loosened and fall out, and syphilitic ulcers or abscesses appear on the soft palate. The pharynx, œsophagus, stomach, intestines, and rectum may be the seat of ulceration, and these ulcerations may become aggravated and rupture, in the case of the œsophagus, probably causing instant death by permitting food to enter and become lodged in the windpipe or lungs; in the case of the stomach or intestines causing a peritonitis with perhaps fatal results, and likewise in the case of the rectum.

On the other hand, if these conditions do not grow worse but yield to treatment, in the healing they are liable to "draw in," as one might say, and cause a contracture or stricture somewhere in the gastro-intestinal tract. The most frequent site for such a thing to happen, however, is in the rectum. I need hardly take time to explain to you how unpleasant and serious such an occurrence is—a serious impedi-

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ment to the proper action of the bowel, and one not without danger to life, to say nothing of good health.

The liver, sometimes called the chemical laboratory and fuel storehouse of the body, therefore a most important organ which should be in the best of condition if we are to enjoy good health, is seemingly most susceptible to the poison of this vile disease, and is more frequently affected by syphilis than any of the abdominal organs. The outcome here may be most serious for the patient, as resultant abscesses destroy much of the liver tissue and thereby lessen its efficiency.

I wish time permitted me to detail how the liver is concerned in the various functions of the body, so as to make you realize from facts, and not merely from my statements, how serious a matter destruction of the liver tissue is.

But why go on in this strain? You are not going to be doctors, so more detail might be an over-sufficiency. Suffice it to say, as I have already told you, that every organ or part of the entire body is vulnerable to, and often is attacked by, this vile poison with serious results. Even the blood-vessels themselves are not exempt, but from merely being the carriers by which the poison travels through the body in the blood stream, the walls of the vessels become much weakened by the disease and break

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down, causing hemorrhage, following which may come severe headaches, delirium, convulsions, loss of memory as regards everybody and everything, epilepsy, paralysis, and muscular spasms. Syphilis is one of the most frequent causes of apoplexy.

When this disease attacks the spine and brain the result may be insanity, in many cases preceded by abscesses, locomotor ataxia, paralysis with its utter helplessness, epilepsy, etc., or any or all of the foregoing, with death mercifully intervening before the stage of insanity is reached.

Syphilis is a strong argument for social purity in both sexes, and positively no one who has ever had it should dream of getting married until he has had from two to two and a half years of the most thorough treatment, and has been declared free from it by our present system or mode of testing the blood. This is not an infallible test because of the human element in it, but it is far better than guessing. No physician can, however, guarantee a complete cure with no possibility of recurrence. Oftentimes years pass, and the patient rejoices that everything has gone so well; when, in the midst of the rejoicing, the "black plague" comes to life again, and makes the victim miserable. Nature does punish, and severely, offenders against her rules of health.

Personally, I don't believe that I would ever marry any one who had ever had syphilis; but, then,

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some of us are braver than others. If I were not afraid of infection for myself, I should be for the fruit of the union, and the thought that I was in part responsible for bringing a baby into the world to a life of misery would be a life-time reproach to me—a reproach that would always be present with me, no matter where I was or what I was doing.

If you have ever seen a little sufferer from this disease, you will realize more clearly the absolute truth of my statement. They suffer much pain from the disease itself, and from complications and sequelæ induced by the presence of the disease in the system. If they survive, one is really never sure whether the disease has been thoroughly eradicated or is going to return at a later date. Sometimes the disease does not appear in infancy, but this does not mean that the guilty parent may feel certain it has not been transmitted, for this feeling of security would not be justified.

The child, one or both of whose parents are syphilitic, may show its first symptoms in later childhood or at the age of puberty. This, as you can imagine, is pleasant neither for the parents nor the child, and the older the child the greater the shame felt at being a sufferer from this disease of immorality.

I asked you before if any of you had ever seen a child stricken with this disease. It is about all that a normal baby should not be. Your ideal and mind-

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picture of a baby is of a healthy, bright, rosy-cheeked, laughing little tot whose every movement and gesture are a pleasure and joy to its parents. When you see a baby of this kind you can hardly resist the temptation to take it into your arms and caress it. You feel as if you must hug and kiss it, and you really envy the parents their possession of it. Even when it cries for some reason or other, the cry is a good, vigorous one with life in it, and while perhaps annoying to some, it is still bearable to listen to.

Poor little syphilitic baby! No one loves you nor wants to hug and kiss you except, perhaps, the poor mother who had the misfortune to bring you into the world. To her you are dear and precious, although I sometimes wonder if, when she sees your terrible sufferings she does not sometimes pray that death may relieve them. It is because she loves you that she cannot bear to see you suffer. You are no one's ideal and mind-picture of a baby. You are just the opposite of what everybody thinks a baby ought to be. You are repulsive to them, and when they know the reason for your suffering and appearance, they cannot be blamed if they shun you and consider you a menace to others, a pest to be avoided, even though their actions bring hours of tears and desolation to your poor unhappy mother.

Of course it is unfair to you because you were

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marriage that might sully your good name, and will also see that your future husband, if not a total abstainer from sexual relations before he became acquainted with you, will at once become such, and will submit to a proper physical examination as to sexual health and get an affirmative certificate before you marry him?

Don't let these talks make merely a temporary impression upon you, but think carefully of everything I have said to you to date, as I shall also ask you to think carefully of everything I am going to tell you as we travel along in our sex talks. I have your interests at heart, and want "my girls" to profit now, and in the future, by what I am telling them. Many will tell you, for reasons of their own, things different from what I say; they will have "an axe to grind," whereas I have not. Oh, yes! I forgot; I have an axe to grind! I intend that you and the children you will be mothers of in the future shall be happy and healthy, so far as it lies in my power to control these things.

Don't sacrifice your own health and that of your future little ones to the selfishness of any man. Insist on total abstinence in those whom you know, just as soon as you become acquainted. Let yourselves be known as girls whose morals are above reproach, and who desire only the company of those whose standards are the same. Don't lower your

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standards which you know to be proper for the sake of having about you a number of the opposite sex or of being the recipients of attentions from them. The real man will always recognize and appreciate the right sort of girl, and the other kinds of men are not worth your time. Don't sell your birthright for "a mess of pottage" which can bring only shame, suffering, and disgrace to you and yours in the end.

You have a right to healthy, happy, and honorable wifehood and motherhood, and do not be content with anything else. It is the highest goal that a woman can reach. If she is a success in these capacities, she is, indeed, a success in life.

This is all that I am going to say to you regarding the venereal diseases and their effects upon you and your offspring. I think I have said enough to show you how undesirable they are, and how dangerous to all concerned; more would, therefore, be superfluous. But this will give you plenty of food for deep, earnest thought if you are inclined that way. Even the most frivolous among you must be impressed with the fact that, if for no other reason than the freedom from such wretched ill-health as impurity brings in its train, morality pays.

REVIEW

I. How does gonorrhœa affect the joints, and state the results of such infection.

II. Mention some of the effects of the poison of syphilis.

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III. What would entirely stamp out this disease?
IV. What is syphilis, and how is it most frequently transmitted?
V. Give other means of transmission.
VI. How does the disease first manifest itself and how may it be even unintentionally spread?
VII. Describe progress of the disease and some of its effects.
VIII. Explain in detail its significance as regards marriage.
IX. How may you protect yourselves and babies?
X. How can you influence the morality of men?

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VI

In this talk we shall discuss various things which, if corrected, would I believe lead to fewer girls going astray in an immoral way, and to less immorality. Some of these things might be put under the head of modesty, or shall I say the lack of modesty? Others might be classified under good breeding, or, perhaps, the lack of it.

First, I want to emphasize that I am a firm believer in the mingling of both sexes from infancy to old age. I believe that a boy who is constantly in the company of nice, refined girls of his own age is better off in many ways for this association. Having some favorite of the opposite sex whose good opinion he values very much prevents him from acquiring a great many habits he is better off without. The influence of "his girl" makes itself felt, and, being a well-brought-up little maiden, she will not accept the boyish affection of a lad who uses bad language, be the bad language either profanity or obscene words. She also objects to the smoking of cigarettes, the drinking of liquor, and to other bad conduct in general. Even should his inclinations run in these directions, to please her our little lad eschews all

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these things and endeavors to conduct himself, in her presence, at least, like a little gentleman.

From behaving in this way in "her" presence, he is likely to contract the habit of conducting himself so at all times. Likewise, since he is in good company, sexual desire is not aroused in a harmful way by hearing lewd stories, so-called jokes in regard to the sexual act, nor from learning the experiences of other, and, probably older boys who have indulged in illegal sexual relations and who would, perhaps, like to persuade another to sin in this way.

To sum up, he becomes a moral, manly boy, instead of more or less of a rough, eager and anxious to be different in every way from the crowd. If he continues under such good influences, he emerges from youth a real young man, not a despoiler of the virtue of a pure girl, nor does he take any part in the further degradation of an already unfortunate woman. In other words, he abstains from sexual relations. At manhood he is a man of moral force and character, and a citizen of whom his community is proud. He is the sort of man whom a girl can safely love and marry. He is of the kind to make a good husband and father, because he has no venereal taint in him with which to poison his wife and children or his own good nature, and most likely he will be found to be a real man in all other respects.

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Now what does the girl gain by being brought up, as it were, in the company of the opposite sex? She, also, like the boy, most likely knows one of the opposite sex who appeals to her just a little bit more, at least, than the other boys she knows, and her desire to win his approval stirs her to greater efforts to improve herself, and to be a nice, refined, lady-like little girl. The average boy is a very plain-spoken and harsh critic, and when that little girl sets out to please him she undertakes a hard task. His thoughts are usually clean and pure, and anything that she does which is not right, according to his boyish ideas of what is right and wrong, meets his outspoken disapproval in emphatic form. He wants "his girl" to be an example to all the others in neatness, cleanliness of tongue and action, and good breeding. No matter what he may be, he wants her to be beyond reproach in every way. Praise of her, sung by others to him or in his hearing, is the sweetest music in the world to his ears, whereas the reverse is liable to lessen his own opinion of his "lady-love."

The girl naturally endeavors to live up to this good opinion, at least in "his" presence, and, as in the case of the boy we spoke of, "practice makes perfect." Again, this same girl becomes aware of her influence over this particular boy, and this awakens in the heart of the right sort

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of girl a desire to wield only an influence which will be for his betterment. It develops in her the normal instinct to be a comrade to the male, watching over him and guiding his footsteps toward the goal of highest achievement.

If she grows up in such an atmosphere of thought and desire, she is going to be a real woman, standing for everything that is good and worth while.

Her influence, of course, will be on the side of good morals, and at least one boy will be kept in the path of rectitude through her efforts; probably more than one, for he also will become a force in the work of changing our present vicious double standard of morals into a single standard for both sexes—that of social purity.

You can all be such women if you will. The question is, do you want to be, and, wanting to be, are you willing to work to gain such an enviable position? Is it worth while? It most certainly is. You will be promoting your own health and happiness, the health and happiness of the man whom you have led to see the great wrong in the present contemptible double standard of morals, and the health and happiness of your sex in general. Some of these you will, no doubt, have saved from the lowest stages of degradation. So, if again you are even tempted to doubt whether it is worth while, just recall very carefully what I have said.

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In what other ways can you assist a young man to live a good life? In what other ways can you exemplify purity in your actions? The answer to these questions is a simple one. Be modest. Many of you will immediately say, "Surely I do not need such advice. I am modest." Well, perhaps you are, and perhaps you are not. Let me tell you of some things which I call immodest, and see if you are guilty of any of them.

Indiscriminate kissing is certainly immodest. For a girl to allow herself to be kissed by any one and every one is not a good thing. "Familiarity breeds contempt" is an old saying, and a true one. Don't cheapen yourselves, and make your caresses worthless. If a young man finds you not averse to kissing, he may get the idea that your morals are loose or can be easily corrupted, and he may determine to ascertain whether he is right or wrong. Kissing, particularly when of a violent, passionate type, usually arouses sexual desire, and if you lead a young man on by such actions he is liable to forget himself, perhaps even to the point of using force. Moreover, this kind of kissing is liable also to arouse your sexual passions and to put you in a state of mind wherein your usual clear judgment and sense of right and wrong are blunted, and you may be deeply sorry afterwards for what you have been a party to. You may never sin again in this way, after

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a first experience of the cost, but the blot is there, and the repentance is a long and a dreary one.

Such a state as I have just described has cost many a girl her womanly honor, and has placed her in the ranks of those who earn their living by barter of their sexual organs. These, of course, are the girls who, having made the first misstep, lacked the strength of mind to face the world and show that they were but foolish, not bad, and had trusted a man too much—it is so easy to drop down into the slime, rather than to climb up against the sneers of those who are mean and narrow-minded.

The danger of kissing and its bad consequences are distinctly increased by being "in a couple instead of in a crowd." I could say much about this subject alone, but I think that just these few words will convey to your minds exactly what I mean. I take occasion to say right here that even engaged couples should avoid too much kissing, because even for them it is fraught with danger. They have their thoughts of future happiness to make them still more reckless under aroused sexual desire, and even in engaged couples immorality can be called by no other name, and is just as inexcusable or maybe more so than in others.

Aside from their relatives, I think girls are best off unkissed, so far as the opposite sex goes, and unkissed on the mouth, so far as their own sex is con-

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cerned. Kissing is a first-rate way of spreading other diseases beside those we have discussed in a previous talk.

After what I have already said about permitting familiarities upon your person by the opposite sex, or your own either, other than kissing, it seems almost superfluous to speak of such things again. Still, I will say a few words to remind you of the dangers. Embraces are suggestive of bodily contact, and suggestions of bodily contact produce thoughts of sexual contact, therefore avoid them. Yes, I know that in giving you this advice I am telling you to refrain from participating in some of the newer dances that have lately been introduced into our midst from the lower grade dance halls of the immoral districts of various cities. You see at times our so-called society leaders, instead of trying to improve and reform those who have "fallen," give them an undeserved importance by aping the performances which these unfortunates use in catering to the animal passions, by which, when aroused, they hope to profit.

Do not permit any handling of your person unnecessarily, no matter where. If you stop unconscious familiarity in the beginning, you will not have intentional familiarity to stop later on. A girl must always be on her guard to see that, in no way, is she responsible personally for arousing the sexual desire

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in the opposite sex. In this respect, she is the better balanced of the two sexes, and the one to suffer most when the moral law is broken. I know some girls seem to take a peculiar pleasure in seeing how far they can go in arousing sexual desire in a man, without any idea on their part of satisfying it. In fact, they consider themselves too decent to let such a thought enter into their scheme of action. They merely want to amuse themselves at the expense of the man who is being made to feel uncomfortable by their words and suggestive actions. When the man suggests anything improper to them, they naturally feel highly insulted, and accuse the one they have tormented of being anything but a gentleman; whereas, as a matter of fact, the fault is theirs, and the lack of modesty and good breeding is chiefly theirs also.

Do not tread on dangerous ground, and then be surprised if something unpleasant happens to you. Let your actions be always those of a lady, and you probably will find that no insults will be your portion.

The question of how a girl dresses is also an important one. The male sex has always been trained to regard the female form as something sacred to be concealed from public view, and several years ago none but an immoral woman would wear anything that would, in any way, display her womanly charms, or make her figure conspicuous.

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Such things formed part of her stock in trade to attract the attention of men and to arouse in them animal desire, to be satisfied by sexual relations with the temptress, who of course collected money for gratifying the passion she had aroused.

Formerly, we had no difficulty in recognizing fallen women on the street or elsewhere—they dressed in a way so totally different from that of the respectable women that we might almost have spoken truthfully of them as wearing a uniform which advertised their despicable calling.

To-day it is quite different. Once more have some of our women and girls lowered themselves in an effort to copy from the underworld of immorality certain articles of dress. The result is, I regret to say, that if we were to judge the morals of every woman by the flashiness or the immodesty of her dress, many would be misjudged.

I shall not argue with you whether it is right or wrong for the female form to be properly draped—by which I mean that the figure should not be unduly conspicuous. Our present code of modesty says it should, and this has been so for centuries and centuries—in fact one might say from prehistoric times; and if we are to change it now the change must be a gradual one, going through several easy stages, so that the male sex have a chance to readjust

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themselves to this backward movement on the part of womankind. Let us go a little more into detail.

Low-necked dresses which are cut so low in the front that they reveal to the public gaze the breasts, in whole or in part, depending upon whether the woman be standing, sitting, or bending forward, can hardly meet with the approval of a person modestly inclined. Add to this the fact that many of these dresses have a V-shaped slit down the back, and one wonders why the wearer bothered about a waist at all, and whether modesty no longer exists in women.

You answer me that it does; and yet such dresses as these are only too common at many dances, parties, and evening affairs. Why any such gatherings should confer a special license on a woman to go around partially undressed is a mystery to other men besides myself, and, furthermore, where the beauty of it comes in men likewise fail to understand. These dresses are calculated to drive the thoughts of the men present into one of two grooves —disgust at the lack of decency, or that of sexual desire. Those guilty of this immodesty are not only young girls, but many of them women old enough to know better, and who should be setting a better example to the growing girl.

None of you, dressed only in an underskirt and a corset cover, would receive a man. The mere

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thought of doing such a thing sounds foolish to you. Your modesty would prevent you from even mentioning petticoats and corset covers to men. You would not like them even to imagine you in such a costume, and yet that is virtually how you often receive them, or a little bit less scantily attired. You wear a waist of the thinnest possible material that you can find so that it may easily be seen through, and in it you have insertions of lace or other material. And then, for fear the attention of the observers is not sufficiently called to the corset cover and the breasts back of it, you put colored ribbons in the corset covers, still further to call attention in this direction. You buy very handsome corset covers if your means allow it, not for your own gratification and delight, but because, in the style of your dressing, they are going to be seen by others.

Many of you have thought little about whether your dress was modest or not, the question of style taking precedence of all other considerations. Now that it has been brought to your notice, think it over, and do not let the matter of style make you forget the more important dictates of maidenly modesty.

By this time many of you are thinking how old-fashioned I am—and you are right. I am still old-fashioned enough to admire a modest, lady-like girl, and I am happy to say that there are still many more men and women like myself.

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But let us travel on with our talks.

Formerly a woman who, for any reason, was compelled to raise her skirts, carefully lifted them just to the smallest possible extent necessary; but now, with her transparent stockings of lisle thread or silk, such modesty has seemingly taken wings and flown. She must show off her finery, and with it her lower limbs. For fear occasion for raising the skirts will not be offered sufficiently often, the skirts are left open on the sides, front or back, for varying distances from the bottom upwards, so that the fine hosiery and the limbs they more or less cover (the emphasis belongs on the "less") will always be on view to whomsoever wishes to see.

Do you know that a certain class of men look for just such exhibitions of immodesty? Prove it for yourselves by observing a crowd of them standing at some exposed place on a windy day. They are liable to misjudge you also, and to address you in very plain, unmistakable language, and to make to you propositions that are insulting. Would you like to be mistaken for, and classed among, the "fallen" women?

How many of you would be willing to walk through the street in broad daylight, or at night either, for that matter, in a pair of glove-fitting tights? Not many, I venture to say—and yet that is what many of you do daily with the present-

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day styles that you wear. Not a line of your figure is concealed, and, in fact, the lines are rather thrown out in bold relief. On a windy day the effect is exaggerated to a most marked degree. Of course, the slashed skirt only tends to heighten this breach of modesty, if it *can* be made any worse without actually removing the few clothes that are worn with your so-called "hobble" skirts. When you sit down in this kind of garment, the display of your limbs is positively shocking to any real lady or gentleman.

Again, we have the very disgusting fact that some of our girls, instead of trying to help along the unfortunate, fallen woman, and to raise her to a higher level in life, are actually adopting some of her styles of dress, always, heretofore, most strongly condemned. Not a very pleasing state of affairs, and one fraught with much danger for the future of our race. I think I know where the original hobble skirts came from. They look much like the skirts that the women in the Island of Java wear. From your studies in geography, you know the Javanese are only a semi-civilized people.

If a man came up to you in the street and, without speaking to you, merely reached down and raised your skirts in order to see your lower limbs, you would think him insane, or that he had grossly insulted you. You would not be able to think of anything bad enough in the way of punishment for

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him, and yet that is what your present mode of dressing would suggest that you wanted, except that you expose yourselves to view without giving any man that trouble. You may be in the style, but you are neither practising modesty nor preaching it, and you are exciting impure thoughts in the minds of your men acquaintances, and also in some men that you don't know. If you could hear some of the remarks they make about you under these circumstances you would not feel at all complimented, but, on the contrary, very much mortified. My advice to you is, have a sufficient amount of backbone not to adopt any style which makes an immodest freak of you.

Another article of dress which has somewhat changed is the female bathing suit. I need not go into details, for you are just as familiar with the present style as I am, and somewhat more so. Suffice it to say that formerly the bathing suit for women was designed to be as neat, inconspicuous, and modest as possible. Can this be said for the present stylish ones?

And while speaking of bathing suits, I might comment on bathing conduct. Strange as it may seem to some of you, the rules of good breeding and refined behavior are as much to be regarded at this time as at any other. With the shedding of your street clothes for the delightful and healthful recreation of bathing, you must not shed your refinement

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or morals. Familiarity is just as much, perhaps even more to be resented at this time than at any other. Personally, I have been amazed by the carelessness, to express it mildly, in speech and action of many young women while bathing, their conduct at any other time or place being entirely different.

Your person should be just as sacred to your male companion on the beach as at your home. Under cover of the water especially, some very improper familiarity in handling may be observed. Do not be one of that number who are unpleasantly criticized on account of their conduct on the beach. No, I am not a prude, nor opposed to healthy pleasures. As you can see, I am a very red-blooded individual, not yet quite old enough to be a grandfather, but rather of an age to enjoy fun; but I want it to be clean fun, with no taint of impurity in it.

While on the subject I might add a few remarks on general conduct at these outing resorts. Be a lady-like, well-bred woman, no matter where you are. Coarseness, familiarity of speech or action, lack of good manners, of breeding, or of refinement are always glaring faults, no matter what the circumstances or where the place. To allow them or to be guilty of them is at the peril of your good name.

Paint and powder; it certainly seems queer that such things need be discussed by supposedly civilized human beings. Why a woman wants to decorate

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—smear would be a better word—her face like a savage I never could understand. It certainly cannot add to her self-respect to go masquerading about like an Indian in his war paint. In fact, we laugh at them, and say they look ridiculous. I think, therefore, that it would be a good thing for those of you who use these so-called beautifiers if, after smearing yourselves with them, you would sit down in front of your mirrors, and see how ridiculous you look, and then think the matter over a little. Cosmetics do not give you a good complexion, but they will ruin the best.

Almost all of you can secure a good complexion naturally, if you really want it and are willing to obey the laws of good health, even though they interfere somewhat with your pleasure and ease. But paint and powder have only an artificial effect, and were formerly used only by wicked women. They had to use something to hide the ravages made by the dissipation which is part of their lives.

Paint and powder are ruinous to the skin and will in time, owing to the ingredients they contain, make your faces look like poorly kept country roads, full of holes and rough spots.

Dancing is to be condemned only when the dances are improper or it is carried to excess. Otherwise it is a harmless and healthful pastime and exercise, but all amusements should be within reason. Of

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course we cannot indorse the public dance hall with its lack of supervision of those who meet there. In many of them there is a bar where intoxicating liquors are sold, and the patrons of the dance are naturally encouraged to drink. Such dance halls are certainly not the proper place for any decent girl.

Dances where the poses or steps are suggestive should be condemned in unmeasured terms. Several such dances are now in vogue, and the fact that some of the so-called best society people permit them to be danced in their homes does not make them any the less objectionable. You all know as well as I do that some of our families designated as the best are such only from the view-point of financial worth, not from the standard of true worth based on achievement in things worth while—in refinement, education, morality, etc.

Drinking must be mentioned only to be absolutely condemned in the strongest terms possible and without reserve. Indulgence in it has cost girls their womanly honor, and has kept them degraded. The liquor appetite is a terrible disease and difficult to cure. I advise you as strongly as I can not to drink at all. You will be better in every way if you totally abstain from liquor. Your judgment will be your own, and you will make decisions according to your own reasoning, and not allow the alcohol within you to bias your good sense. Alcohol in any form arouses

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sexual desire, and, at the same time, blunts your normal perceptions of what is right. It is better to abstain from it in any manner, shape or form; but if, despite all its dangers so far as your morals are concerned, and the possibility of your becoming addicted to it with all the sufferings and disgrace that chronic alcoholism entails, you feel that you must drink and ruin your health, do so only at home, when you know that some member of your immediate family will remain in your company. Never, under any circumstances, indulge in it away from home. You will probably live to regret it if you do. Men, as a rule, do not like drinking in their wives.

There are several other things I wish to speak of, so I must content myself with the foregoing, although much more could be said on these subjects. I have merely "scratched the surface" so as to start some trains of thought in your minds from which good should come.

The advice I offer you next can be summed up in a few words. It is, "Do not flirt." Fallen women use such tactics in order to attract men. I have several times told you why, so there is no necessity for repetition. If you indulge in flirting, you need not feel offended if you are afterwards insulted by the man with whom you became acquainted in this way.

Do not keep late hours. Sleep is necessary to

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health. You cannot expect to be alert and active if you do not get a sufficient amount of sleep. There is still truth in the old saying: "Early to bed and early to rise, makes a man healthy, wealthy, and wise."

Some girls, strange to say, are simple or vain enough to believe that when strangers drive up in an automobile or carriage and ask them to ride, it is because the occupants of the vehicle are either philanthropists in disguise or because their own beauty is irresistible. If the invitation is accepted, by the time the automobile or carriage ride is over these girls are both sadder and wiser in the ways of the world, and the ranks of those sacrificed to the fetish of immorality are increased. Strangers who take you riding expect pay for it—high pay, as you see.

If you do not like a man friend well enough to invite him to your house, or if he does not care to visit your house, I advise you to terminate your acquaintance at once. If you are ashamed of your home I am sorry for you, but my advice is still the same. If the young man is interested in you, your home and family ought to be good enough for him. In some cities, where the receiving of company too often can only be at the cost of great inconvenience to the rest of the family, this difficulty is obviated by neighborhood clubs where young people may mingle together, in couples or in crowds, and spend a pleas-

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ant evening under proper, yet unobtrusive supervision. At a reasonable hour they are expected to go home, and that is where they should go. Under all circumstances, though, your parents should know your men friends, therefore visits should sometimes be made at the house, even if a crowded home.

The street is no place in which to arrange for meeting and spending an evening together. Neither is the back room of some saloon, nor some cheap dance hall. There is something wrong about the man who invites you to do these things. I cannot say, either, that I approve of evening strolls through lonely parts of poorly lighted parks. You are better off and safer where there are lights and other people, and you avoid the tongues of gossips.

Do not accept invitations indiscriminately to go here and there. Even those from your own sex will bear scrutiny. Know all about a man from whom you do accept any kind of invitation, and be sure you are safe in his company; for his regrets, sincere or otherwise, will not restore to you afterwards what you have lost.

Should you go to a place of amusement alone or with another girl friend, avoid making acquaintances while there. You will find many persons of both sexes willing to enter into conversation with you, and to become quite "chummy" on short acquaintance. If you are wise, these attempts will

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be repulsed in such a way that there can be no mistake as to how you are receiving them. Should they still continue, you can appeal to those in charge for relief, a proceeding rarely necessary if you have behaved properly from the beginning. Many places of amusement are favorite resorts for both immoral men and women on the lookout for innocent, decent girls whom they seek to lure into lives of shame. You will recall that I told you there are some of your own sex just as dangerous to your morals as men.

REVIEW

I. In what beneficial ways does the mingling of the sexes affect the boy?
II. In what ways the girl?
III. In what other ways can you assist a young man to lead a pure life?
IV. What can be said of indiscriminate kissing, and how might it lead to immorality?
V. Why should boys and girls mingle in crowds?
VI. What is the surest way to avoid insult?
VII. Mention some immodest forms of dress.
VIII. Mention some immodest actions.
IX. Explain the evils of drinking in this connection.
X. Why should your friends be known in your homes, and what is the danger of indiscriminate chats and acquaintances?

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VII

Up to this point in our talks on sex, we have travelled over a wide field. We have studied briefly anatomy, physiology, some normal functions, some loathsome yet serious diseases, immorality, and several other things. I hope I have made plain to you some of the matters that were heretofore mysteries.

By this time you must have learned a great deal about yourselves and how to avoid certain dangers to your health. You are also aware of what venereal diseases are, why immorality is a poor investment for both sexes, and how you can avoid contracting any of the unpleasant results of this poor paying investment.

In this talk we are going to travel still further, and discuss one of the most important events in any girl's life. We are to talk in a general way of marriage. Here also you will perhaps find me somewhat of a dreamer, because I am going to plead for only ideal marriages based on love. It seems to me that only with this for a basis can sexual relations, even in the married state, be other than immoral. It is not alone the marriage law of man that makes a marriage binding upon those who enter into this sacred estate, but the higher law of God according

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to which marriage should be and truly is founded upon love—mutual love of the highest type.

Why should the topic of marriage enter into a talk on sex? The answer is simple. Happy marriage is a most potent force for morality and the well-being of our race, both as concerns health and happiness; and, within certain limits, the earlier that happy marriage takes place the more potent its force for morality, therefore, also, for the health and happiness both of yourselves and of your children.

I believe in early marriage for several reasons. The sexual function is in full development at a certain age, and that seems to indicate that nature advises mating at that time. Healthy sexual desire also makes itself felt at about this time, which also appears to be nature advising matrimony. It seems advisable, too, that parents should have children at such an age that, barring the ordinary uncertainties of life, they will still be living as their children grow up, to guide and to advise them in the problems of life, and be neither too old nor infirm to be interested in the affairs of their children when they need them most. I think the children born of marriages late in life suffer many disadvantages, not the least of which is the advanced age of the parents as the children approach their majority, if indeed the parents are then living at all.

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Another reason for early marriage is the attitude of the contracting parties themselves. They are more susceptible to moulding—a necessary process in married life if you want to be more happy than the average couple. Two people with firm, set, and unyielding ideas may be a very unhappy married couple, even though they love each other dearly. The older you get the more set you become in your ways.

Moreover, in the full bloom of your development childbirth is easier for you and better for your offspring. You will retain your youth more easily if childbirth comes earlier in life than if in later years, for in youth your recuperative powers are naturally better and stronger.

But there are dangers in early marriage, and very real ones, which must not be overlooked. One of these is not being sure of loving the man you think of marrying, for marriage should be a lifelong contract, and not a short term leasehold to be easily broken at any convenient time. The question as to when divorce is permissible, if one believes that it ever is, is hardly a part of our talks, therefore any discussion of the subject would be out of place. There is a vast difference between love and infatuation, and the marriages based on the latter, which might be called a counterfeit of real love, are not likely to be lasting, or even happy in their brief

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duration. The trouble with most people is that they give more thought to the selection of a new outfit, let us say, than to the selection of a life partner and another parent for their children.

It is a misfortune that most people approach the subject of marriage as a thing requiring no thought, whereas it is something of great import, and should be long and seriously considered before entered upon. "Marry in haste and repent at leisure" is an apt epigram. Rather be happy and single than an unhappy wife. The latter is the most miserable of women, and is liable to add to her misery and unhappiness in a reckless, "I don't care for the consequences" search for something resembling happiness.

The worst of it is that she seldom goes far in her search for some one who will share her troubles and misery under the guise of friendly sympathy. There are men vile enough to be constantly on the watch for just such women, and even more keenly for girls in desperate or discouraged mood, and, under this same guise, seek their moral and physical ruin. One cannot be too careful as to whom she trusts, not only with her confidences, but also in the sort of sympathy she accepts. My warnings to you are based on facts, and not upon a too vivid imagination, as you might in your innocence suspect. I have listened to many sad stories which concluded with,

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"If I had only known in the beginning what sort of a man (or woman) he (or she) was!"

I will endeavor to tell you what I think a girl ought to look for in a man with whom she contemplates matrimony. I do not believe that love should be blind; on the contrary, I think it should be wide-awake in both parties; the more wide-awake it is before marriage, the more likely is the marriage to be happy.

The man you marry you must live with, and must be his companion for the rest of your life. Therefore, if you are entering into marriage with the right idea of how long it should last, it is worth while to study him as he really is, and not as he appears to be on the surface. It is a fact to be regretted that young people associating together see each other only in their "company" manners, as it were, with the result that it is often a great shock when these "company" manners are laid aside for others not nearly so pleasing.

You should know the man with whom you contemplate matrimony in other aspects than that of courting. Even the least desirable of men can be pleasant and attractive at such times, but the other times are the ones of greatest importance to you. There are two old toasts that I will here mention. The first is, "Here's to our wives and our sweethearts, and may they never meet!" The girl who rushes

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into matrimony blindly is liable to have a husband who is proposing this toast in some barroom in a mixed and dissolute company. The second toast is as follows: "Here's to our wives and our sweethearts. May our sweethearts soon become our wives, and our wives always be our sweethearts!" The careful girl who gives deep thought to her proposed marriage is more likely to choose a husband who will daily toast her thus, both at and away from home.

The first essential for marriage is mutual love of the purest and most constant type. Do not marry a man merely because he loves you if you cannot truthfully say you love him. Do not marry a man because you love him, if you know he does not love you as much. In either case the risk of such a marriage, as a happy, or even a lasting one, is very great.

Select your husband for his manliness, for that is the measure of his true worth. Observe how he treats his mother, his sisters, and other women with whom he comes into contact in his daily life; not only those toward whom business policy demands consideration, but those to whom courtesy and consideration would be extended only by the dictates of a gentlemanly instinct. As his habit is, so will he treat you in the long run as the newness and the "honeymoon" state of your married life wear off.

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Do not select a heavy and excessive drinker with the idea that you are going to reform him. If you marry him, your chances of success are very slight. If you feel brave enough to take a chance on his future, reform him first and marry him afterwards, but do not be in a hurry with the marriage ceremony; be sure he is "reformed." He may stay "reformed" if you are a particularly good wife, and give him to understand that you will excuse no lapses from grace.

Do not marry a man of excessively loose morals, and think that because he is married to you he will give up his past mode of life. He may, but it is very doubtful, and the chances are that he *will not*. He is also likely to ruin your health, therefore your happiness, by giving to you some of the diseases he contracted during those days when he was busy degrading your sex under the delusion that he was very manly and merely "sowing his wild oats." Marry a pure man who respects your sex. If you are so unfortunate as to marry one who has desecrated the sacred sexual relation before marriage, at least see to it that he shows his respect for you by having abstained ever since he entertained thoughts of marrying you. Your chances of having a decent husband will be better, the less depraved the man was before marriage.

Do not think you are in love with a man because

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he gives you "a good time." Free spenders do not necessarily make liberal husbands. You see it is hard to keep up an outside reputation as a liberal spender, and at the same time support a home in comfort, especially on a small salary in these times of excessively high cost of living. Spenders before marriage, too, sometimes find it hard to give up the habit and to settle down into husbands with household responsibilities.

Do not think that every man who dresses in a manner that pleases you is financially in the automobile class. Some of them owe their tailors, and, if you are no judge of material, even cheap, ready-made clothes may impress you. A single man on a very small salary, with no financial responsibilities elsewhere, may make a very good appearance.

What do I mean? Just this. It is surprising to find how many women marry without even knowing the nature of their husband's employment, nor his earnings. There is quite a difference between marrying for money, and marrying a husband whom you may have to support out of any money you may have or may be obliged to earn. A quiet, honest, plain-spoken, even-tempered, kind, thoughtful, and home-loving man ought to make a good husband.

Now, how are you to make a good wife?

First, maintain a constant and true love of the most high and earnest type for your husband. You

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must make your home a cheerful, restful place, to which he will turn after his daily work with happiest anticipation and pleasure. Bear in mind that your daily housework is no more monotonous, nor is it harder, than his daily grind at business, and he has a right to expect a neat, smiling wife on his return to his home. So many of you are business women that you can appreciate the truth of my statement that business duties bring cares and troubles as well as home duties. The difference is that you, as commander-in-chief, can regulate the home cares and duties to a certain extent, whereas those in business must bear the brunt not only of routine cares and troubles, but also, ofttimes, the special "grouches" of their superiors.

Study your husband's likes and dislikes; strive to cater somewhat to the former, and carefully avoid the latter. Be unselfish and affectionate, but do not overdo the latter. Love and kisses, embraces and caresses are a rich diet for any man, and must be combined with good housekeeping as to food (so as not to give your husband indigestion), neatness of house and self, and the keeping of clothing in good repair to be a success. Give to your husband the very best that is in you, and be patient with his shortcomings even as you expect him to overlook yours. Build the foundation of your married life on the firm and enduring rock of love, not on the

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shifting sands of infatuation or any other reason for marriage.

Will it surprise you to know that your husband will probably appreciate a knowledge on your part of cooking rather than of bookkeeping; of dressmaking rather than that you be an expert stenographer; of millinery rather than have you know the duties of a bill clerk; likewise of other things that go to make you a good wife rather than a woman of business? To my mind, it is wrong that you should be taught everything that pertains to business life and no effort be made to teach you what pertains to home life; and yet it is in the home that the majority of you are going to make of your lives a success or a failure. The prevalent indifference to this fact is a puzzling thing to those of us who seek for the good of the present, and plan for the future of our nation.

In a happy marriage, sexual relations are a pleasure and a happiness which gradually come as a climax to the expression of the highest love. In marriage without love, the sexual relations are little more than immoral, because the marriage contract simply legalizes the animal desires aroused by sexual passion. Do not be this sort of a wife. Do not sell your womanhood for mere worldly gain. Do not be the sort of wife who differs only from the mistress because of a few insincere marriage vows. Your

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sense of what is due to you, your self-respect, and your sense of decency should make such a marriage revolting to you. Be a true woman in all that the term implies, and thus be more than worthy of the best man living.

Between husband and wife there should be perfect accord and frankness. For one to have secrets from the other is sure to bring about misunderstandings and distrust, and worse things in the future. Any apparent necessity for secrecy can be avoided by living an open and irreproachable life. Married women are strongly urged not to have intimate friends among the opposite sex, and particularly to be avoided is the husband's best friend, as he is usually the first one of whom the husband becomes jealous. Jealous husbands are not unlike jealous women—very unreasonable, and sometimes a menace to one's personal safety.

A wife must not go about looking for causes for jealousy. If she does, she is liable to find them, but the great majority will be the result of an overworked imagination. Even a married man may talk occasionally to a woman other than his wife, or the female members of her family, without being guilty of neglecting his wife. A wife should not listen to every gossip who comes along with tales calculated to make trouble, least of all should she hasten to accuse her husband of various actions detrimental

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to their happiness, unless careful investigation has shown her the truth of what she complains of.

Indulgence to excess in the marriage relation is detrimental to the health of both husband and wife, weakening to mind and body, and dangerous to resulting offspring from both a physical and a mental standpoint. If you will recall what I told you in some of my previous lectures, you can readily understand why this is so.

Do not attempt to avoid the responsibilities of motherhood unless there are physical reasons for so doing. What these reasons are we need not here relate; they are for discussion in the physician's office only. Be a mother if you possibly can; if you cannot, you are to be pitied for many reasons.

Many childless marriages might have been fruitful if the wife, when a girl, had not through false modesty failed to be treated for certain complaints from which she suffered at that time. Many of the leucorrhœal troubles come under this heading, owing to the chronic inflammation they set up in the various parts of the female procreative tract. Of course, all childless marriages are not the fault of the wife; many of them are, however, and from positively preventable causes. Should it be the misfortune of any of you to marry and be childless, I would advise that before you place yourself under treatment, your husband ascertain from the doctor whether,

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perhaps, he is not the one to blame. Sexual disorders before marriage may have affected in him the viability of the male contribution to creation. If this is so, there is no reason why you should receive unnecessary medical treatment. It is a simple matter to determine this fact in a man, and it should be done before subjecting you to inconvenience.

An ideal mother is woman at her best. When she has achieved this crowning glory, she has reached the highest goal that a woman can strive for. Almost any woman can give birth to a child, but it takes a bright woman to be a real mother. Merely giving birth to a child does not make a female a true mother any more than the marriage ceremony makes a woman more than a wife in name. The gray matter must be called into action to make either a real wife or an ideal mother. It takes much more common-sense to succeed here than it does to make a business success or to shine in the social world. College courses in wifehood and motherhood are not an idea to be laughed at, but, if properly established, would be of great value and would add to your welfare and happiness.

It is really more important to understand thoroughly the natural duties that nature intended you to fulfil than all the so-called higher educational branches that a college faculty can put in a curriculum. I think many divorces would never take place

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if such courses in wifehood and motherhood were established and became justly popular. Courses in the making of a good husband and father should also be established. It is really pitiful to see how poorly equipped both sexes are for married life when they enter into this important contract, and this is why so many couples make a failure of their enterprise and come to grief. Parents would not think of sending you into the business or social world so poorly equipped with the knowledge necessary for success, and yet this much more important matter is left almost entirely to chance. Is it any wonder that some of us look with anxiety into the future?

Such college courses as proposed above would have to include sexual matters, as here a proper understanding is most necessary to marital success. Yes, I know that in times gone by girls did not receive such training, but I am also aware that they were kept at their mothers' sides. They were not sent out to work at such tender ages as to be still almost babies in years, yet asked to be women in responsibility and knowledge. They did not leave home early in the morning and struggle with the industrial juggernaut, returning late at eventide. In times gone by they were at home. Neither do those of you who do not have to work see much more of your homes; your "social duties" are too many. In neither case do you receive any home training.

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Wives and husbands both have certain sexual rights which should be perfectly understood. Differences in sexual appetite must be adjusted to make a perfect union. A non-passionate wife married to a very passionate husband, or the reverse, is liable to cause dissension, unless care and diplomacy are exercised by both. I advise moderation for the sake of their own health and happiness and for the benefit of any offspring. While I do not believe that any husband or wife need apologize for having strong sexual instincts, still this is often unnatural and due to certain conditions that need medical treatment, just as in the case of the single woman whom we discussed in an earlier talk, who suffered from supposed sexual desire which was due to abnormal conditions.

So, also, if the sexual relation is apparently repugnant or painful to the woman, the physician should be consulted to correct what is wrong. It is important that the sexual part of married life be mutually agreeable and pleasurable; on it depends the perpetuation of our race and to a great degree the quality of the offspring.

There are other things which could be said regarding the sexual relations between man and wife; but, as some of you are not yet engaged or ready to enter the married state I have, after some thought, decided to omit them here. In my private practice

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I make it a rule always to have a little confidential talk before the wedding with all of my patients who have become engaged, whether it be a man or woman patient. I think these talks are valuable to them, and help to promote their happiness. I would advise each of you, when you become engaged to be married and when the time approaches for "the wedding bells" to ring, to go to your family physician, and ask him to advise you in regard to the new life you are about to enter upon. I am sure he will help you to avoid some of the "rough places" that other women encounter in their early married life.

You may already know, but, if not, I will tell you, that the honeymoon is not always the fine time it is meant to be. I regret to say that, in many instances, it is not an agreeable trip for either newly-made husband or wife. This is easily explained. Both have heretofore lived in the unreality of "castles in the air," and, having come down to life as it is, they find it different from their dreams. To those who have been forewarned and are forearmed the adjustment of things is more easy.

Of course, it is rather difficult for a man to get acquainted with another girl, as he must often do, when, as the retiring hour approaches, he watches her face lose its bloom as she washes it, her hair

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become quite reduced in quantity and quality as she removes most of it and places it on the dresser for the night; watches her eyebrows become less marked and more scant as the water again does its cleansing work; with amazement he sees rosy lips fade to a much lighter hue, and about this time—but why go on?

As I say, it is hard for him but, being a man, he pulls himself together and thinks her as lovely and lovable as ever. She should be just as lenient in regard to some of the surprises he may have in store for her. Personally, I think the hardest thing that most couples have to bear is to get used to each other's personal habits. One who is very dainty in her habits, whose idea of cleanliness includes a daily bath, clean teeth, and sweet-smelling mouth, is naturally not at all pleased if the new life partner is rather careless in these matters. This gives you some idea of what I mean by personal habits, so I need not enter into any lengthy discussion of these.

Before closing I want to say a few words about the running of the house. The wife should be given a definite allowance each week, month, or whenever it can best be arranged. It should be absolutely understood just what household expenses she is to defray out of this allowance. This will prevent much friction. She will know that extra expense must be met by an extra allowance, and can plan

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accordingly, just as she will know that anything left over from this allowance is hers and need not be accounted for.

The husband also should have a stated allowance, and the difference between the sum of the two allowances and the income should be a savings' fund only to be drawn upon by mutual consent. This may seem to you a matter of small consequence, but all married couples will tell you that it is of prime importance. In making these arrangements, do not forget that families usually increase in size, therefore the household allowance will have to be added to from time to time.

Bear in mind, too, that it is an advantage to have something saved up for possible "rainy days," no matter how well off you may be at present. It is also your duty to yourselves and to your children to see to it that the father of your offspring devotes a certain part of his income to a life insurance. These last few points may be somewhat foreign to sex talks, but they are practical, I think, and will do you no harm.

REVIEW

I. What is the chief essential to happy marriage?
II. Why should the topic of marriage enter into a talk on sex?
III. What are the advantages of early marriage?
IV. What are its dangers?

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V. What are some of the qualities a girl should look for in the man? What should she avoid? Explain fully.
VI. How can you become a good wife?
VII. What should you avoid?
VIII. Discuss the sexual relation in married life.
IX. How might disease in the girl affect the motherhood of the woman, and what can be done to prevent this?
X. Mention a good way in which to adjust the financial running of the home.

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VIII

THE subject-matter of this talk should be of interest to every real woman—wifehood and motherhood. I feel as if I could not do justice to the subject, and no matter how much I try nor how much I say, I shall have barely begun to cover it. So, in advance of what is to follow, I offer you my humble apologies for the shortcomings of my work. If I omit anything that you wish to know, remind me of it in the usual discussion that follows each of our little talks. (See preface.)

In the last paper I gave you a few hints as to what helps to make a good wife, which hints, I sincerely hope, will be of use to you and your girl friends in the future. In this paper I shall assume that I am speaking to a good wife who is yearning to strengthen the bond that binds her husband to her and her to her husband—the bond of parentage.

How will she know that this great event is going to take place in her life? How know that this triumph of great, rich, and mutually pure love is going to be realized? There are several things which precede this event and announce its coming. It is important that our good wife should know what these are, so that, in their event, she will place herself at once

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under the care of a good physician in whom she has perfect confidence, and whose personality and professional methods are both pleasing and satisfactory to her.

Childbirth is an event in a woman's life in which little details should receive attention, as they count for much with her at this time. I want to emphasize the importance of having the expectant mother place herself under the care of a physician as early as possible, because he can smooth for her many of the rough places on the road to motherhood. There are many small matters which, if attended to early by the expectant mother, will later make both mother and child healthier and happier, for health makes for happiness, and, without the former, there cannot be much of the latter.

Before speaking of the earlier and later signs of approaching motherhood, I want to give a few words of advice to the good wife who is so fortunate as to be approaching that blessed state. It may save her from some very unpleasant thoughts and suspicions, and from some very unhappy and regrettable moments with her husband.

For some obscure reason, the expectant mother often undergoes a complete change of mind in her likes and dislikes. What pleased her before is very likely now to have become distasteful to her. A happy, sunny-tempered girl may be changed into a

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worrisome, moody one; a moody one may become a sunny one; the quiet, reserved girl may even attract attention by the lightness of her demeanor, and so on. In most cases these changes are but temporary. Where the changes are for the better, it is to be regretted that they are not permanent; but it is also a good thing that, where for the worse, they are only temporary.

It is while these changes are in progress that husbands suffer undeservedly. No matter what they do, it is wrong. If they remain at home, they should have gone out; whereas if they had gone out, they should have remained at home. The wife often imagines herself to be slighted when such a thing was never intended. Neglect is even charged where none exists. The husband is accused of want of attention and affection when, on the contrary, conditions are just the same as they were, or are perhaps better, for even the most undemonstrative of men is usually somewhat moved over the idea of the arrival of an heir, and the accompanying condition of his wife.

I think that, perhaps, forewarning the young wife of these things will help matters, for if she recalls them at this time she will try to avoid such unpleasantness and save her husband and herself much unhappiness. Unfortunately, most husbands do not know that these changes are to be expected,

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and, not understanding the reason for the great change in their wives, they lose patience and say and do things in the heat of the moment that they would not if they understood. I make a particular point of this matter in my book, "Ten Sex Talks to Boys," so as to enable them the better to appreciate this condition, where in ignorance this "preceding stage" is ofttimes most trying to both, and the links in their chain of happiness are often strained almost to the breaking point.

As you can well imagine such a state of affairs is most detrimental to the unborn, developing child, both mentally and physically. For certainly at this time in married life the love and devotion of the wife and husband should be at the highest point, for the benefit of both mother and child. The happier and calmer the maternal mind, so much the better for the child. Certain characteristics and hereditary traits were given to the growing child by the ovum and the male contribution to creation in the very beginning, and other traits of character and impressions are no doubt received during the growing stage within the mother's womb. This will show you how important is everything in the environment of the mother-to-be.

The appetite of the future mother also becomes affected. The kind of food she formerly relished now disgusts her, and she craves things that until recently

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she had no desire for. Often she feels a longing for things not ordinarily considered suitable for human food. She eats these things, however, and apparently thrives on them; at least she shows no ill effects from her strange diet. This, again, is only a passing fancy which rights itself in a short time.

Sometimes, but not often, the mother-to-be becomes careless about her personal appearance. This should not be so, for, even during the last few weeks before childbirth, cleanliness and neatness are perfectly possible. It is a mistake for any wife, either at the time of childbirth or any other time, to fall into slovenly habits. You cannot always look as if you had stepped out of a fashion plate, and no husband wants you to look so at any time; but you can always be neat and tidy and your husband will appreciate it. Remember that in your courting days you accustomed him to see a clean, tidy, well-groomed girl, and this is the girl he married. Can you blame him, therefore, if he objects to a slovenly, uncombed, dowdy looking wife? Some wives get into the habit of appearing at the breakfast table just about as they got up from bed with the exception of the kimono which they slip on over their night-robes. Don't join this class. You owe it to your husband to be just as neat and attractive at the breakfast table in his company as at the evening meal when dressed for possible guests at, or after, dinner.

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Your habits of neatness have a good effect on him, and set him a good example to remain the neat, well-groomed man you married. It is wise to keep up all the refinements of life after marriage, and to improve still more if you can. Advance, even after marriage—do not stand still. But, whatever you do, do not go *backward*! Make every effort to guard against this. Do all you can do to improve your husband and yourself. I do not mean in a business or material way, but in education and cultivation. You have a brain, so you should use it. Ideal motherhood includes the use of the intellect, and to be the ideal mother requires more ability than is necessary for a college education, or "women's rights" movements, or even the suffragette propaganda.

Many women whom I have known as girls, and who have discussed their plans for the future with me, filled me with hope as to the kind of mothers they would make. How disappointed I have been when, on arriving at this happy time in their lives, I saw that they had deteriorated after marriage, and all their lofty aims had come to naught. From being well-groomed, capable girls, they had become slovenly, untidy, and without ambition, unless a desire to be up to date in all the neighborhood gossip could be so considered. It is easy from this to imagine how they neglected the children, and how the

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husbands soon realized the necessity for club life in the evening.

I am digressing widely from my subject, so I must stop right here, and return to our little wife, for I have been neglecting her. How is she to know when she should become interested in patterns for baby clothes? How is she to know when to begin to make those dainty negligée robes in which to receive her friends soon after the arrival of her baby?

There are some signs that make it easy to know. One of the first and most reliable is the stoppage of menstruation or the monthly period. This is almost invariable, and, although there may be other causes for the cessation, this particular cause is by far the most common.

And sleep! How overpowering is the wish for it! The little wife can hardly finish her dinner in the evening before her eyes close. She does not seem to get enough sleep, try as she will, and is not very good company for her husband in the evenings on that account. She almost falls asleep while eating her dinner; in fact, it is hard to decide whether she wants most to eat or to sleep, for hunger is a marked symptom also. As with sleep, can she ever get enough food? At meals, between meals, she is always eating, and is still hungry.

A change in the eyes is noted. Dark rings ap-

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pear beneath them, more noticeable in some women than in others. There are also changes in the breasts. They become harder and firmer, and develop in size quite rapidly. Sometimes they feel tense and painful, and there is a sense of fulness which is more noticeable as pregnancy advances. Often, quite early in the pregnancy, a little fluid can be squeezed out of the nipples. The brownish area surrounding the nipples enlarges in size and grows darker in color. Within this area several little lumps like peas become quite prominent.

The expectant mother will also notice a slight sense of weight in the pelvic cavity or lower part of the body, and will also be conscious that she has an irritable bladder by having a constant desire to urinate. This early and frequent desire to empty the bladder does not mean that anything is wrong with the bladder or kidneys; it is due merely to increased pressure within the pelvis which, of course, affects the bladder.

If she was formerly constipated, she is more so now; and if her bowels were regular before, she is inclined now to be constipated. This condition must be corrected at once, and must be guarded against throughout her pregnancy and, in fact, at all other times. If not promptly relieved, it only adds to the pain, and the danger of infection and lacerations during labor.

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The general appearance of the wife shows alteration at this time, which may appear in one of two ways. In some women there is general and marked improvement, whereas in others the face is greatly changed for the worse. Usually this is merely temporary in either case, and the husband finds he has the same looking wife that he married, with the additional beauty which comes with motherhood.

These are probably about all of the signs that the wife will notice early, and they are sufficient for her purposes. What signs the doctor's examination will reveal when she consults him would be foreign to our talks, so I will not detail them here.

As the baby develops within the womb, other changes are apparent to the mother-to-be, one of the most unpleasant of which is the so-called "morning sickness." This is a feeling of nausea, often accompanied by vomiting, occurring most often in the morning upon arising from bed, but continuing sometimes throughout the day. This may come on at any time from about the fifth week of pregnancy, and usually lasts only until the twelfth week. Some women, however, are so unfortunate as to have this "sea sickness" last much longer.

This is rather a distressing time for the expectant mother, for it is hard to have a good appetite, and with it a stomach which will not allow you to eat; it seems a dreadful waste of time to eat,

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only to vomit immediately all that you have swallowed, even before you have finished whatever food you were taking. It is a most peculiar state of affairs. The mere mention of the word "food" is enough to make some pregnant women vomit; in other words, the sight or smell of food, either raw or cooked, makes the stomach reject its contents. While pregnant, many women can eat at a restaurant and retain their food, yet cannot eat at all at home. Others will eat the strangest articles of food and digest them, whereas their stomachs will reject their usual articles of diet. Some will practically escape this unpleasantness altogether, while with others it lasts almost throughout the pregnancy period. All come through it safely, however, and if under the care of a physician he will help them a great deal.

All of you have heard that, with the coming of children, the mother's teeth suffer; this is not true. With proper care, the expectant mother can prevent this unfortunate occurrence. The first thing to do is to see that the digestive organs are in good order, thereby making the digestion good, the bowels regular, and the teeth and mouth clean and free from an acid reaction. The next thing to do is to supply nourishment to the teeth to take the place of that formerly furnished, but which is now needed for the development of the unborn child.

Here, again, is another advantage of early med-

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ical care. The doctor regulates the digestion and the bowels, and also prescribes the necessary medication for the teeth. It is taken for granted that the woman's own habits of cleanliness will make her clean her teeth and wash her mouth at least once every day. If the doctor discovers she does not, he orders this needful hygiene of the mouth.

You have all probably heard that the veins of the lower extremities are liable to enlarge at this time, and that piles may be expected as the developing child grows within the womb. These two things also are preventable by proper measures. They are due to the increased pressure within and to any constipation which may exist. If additional support be given to the veins liable to be affected, and constipation be guarded against, the chances are that no bad results will follow.

As the waistline increases in circumference because of the enlargement of the womb and its contents, the clothes of the wife must be made larger and more comfortable, for compression of the body is harmful in many ways. It may cause a miscarriage, or the unborn child may be forced into a bad position within the womb, or it may even cause the womb itself to become displaced. Either of the latter conditions will necessarily complicate the delivery of the child when it comes into the world. The wife must always bear in mind that the womb—

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which I described to you in my first talk—must enlarge from the tiny little organ that it is in both the virgin and the resting states to a size somewhat larger than the new-born baby, because, besides holding the fully developed child, it must hold also the wrappings which entirely envelop the baby, as well as the fluid in which it is contained, and this amounts to several quarts.

When the pregnant wife places herself under the advice of the doctor of her choice he will instruct her how to care for and prepare her breasts and nipples. Every normal mother wants to nurse her child if she possibly can, and proper preparation of the breasts for this function helps her and prevents such things as sore or cracked nipples, fissures, etc.

I have just told you that every normal woman wants to nurse her baby if she can. Why? Because the food that Mother Nature puts into the female breasts is the best food for any baby. It contains everything that the baby needs in the most important days of its life in the way of food and drink. It is the food "par excellence" for infants. When you consider what the growth and development of the baby are during the first nine months of its life this seems a most wonderful food, and any mother should be proud of the fact that she can give to her offspring this most wonderful of nutriments. And yet the doctor often has actually to almost quarrel

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with his patient to induce her to nurse her baby, because it interferes with her pleasure. Baby feeding will be discussed in a later talk, so I will say no more now, except that I hope none of you, on attaining the dignity of motherhood, will be practically forced to nurse your baby, should nature have provided you with the means therefor.

The expectant mother must avoid over-exerting herself, either in the pursuit of her daily household duties or in pleasures. Missteps resulting in a sudden stumble are very serious because of their liability to dislodge the contents of the womb, and cause a premature birth. Likewise straining or stretching, rough pleasures, jumping, jolting, or bouncing are to be avoided, as these things also may bring on a miscarriage.

During the ante-birth period besides seeing that the bowels are regular the action of the kidneys must be watched, and the appearance and quantity of the urine carefully noted. In this stage, the kidneys have to carry off the waste material not only of the mother but of the unborn child also, for you must bear in mind that the unborn child is a living being, having the same functions as any other living being. If the kidneys, therefore, for any reason, fail to work properly, the poisonous waste of the two bodies is retained within the system of the mother, often with fatal consequences to both mother and child.

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Let me explain this a little further to you, so that you will understand it better. There are several ways in which the body gets rid of its waste material. The lungs throw off some, the perspiration eliminates some, the bowels remove a little; contrary to what you may have thought, the excretion from the bowel is mostly undigested food and the residue of food the digestable part of which the body has taken for its nourishment. The kidneys are the main sewers of the body and they throw off most of the body waste dissolved in the urine. You can realize, therefore, that a failure on the part of the urine to do this, through a breakdown or impairment of the kidney-secreting tissue, means that much waste material is being held in the body and is poisoning it. With these poisons circulating through her blood, the mother becomes affected, and as it is from her blood that the baby's blood draws its supply of nourishment for the unborn child, you see there is real danger for the baby also.

The watching of the kidney function, therefore, is another and very important reason why early medical attention is advisable, and some time in the future when you are pregnant my suggestion should be followed by you. By making frequent examinations of the urine, the doctor knows how things are going. He also tells his patient of certain signs upon the occurrence of which he wants to be notified

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at once, so that, if he deems it necessary, he can make additional urinary examinations, give medication, or regulate her diet. Some of these signs are dizziness, headaches, trouble with the eyesight, nausea, and vomiting, the passing of less urine or a very marked increase in the amount; there are also several others.

As the time of motherhood approaches, our little wife becomes less inclined to go out and take exercise. Her reasons are usually two—the increased weight and pressure within, and her personal appearance. But she must have exercise—in moderation, of course.

The first reason for her disinclination can be overcome by slow walking on level ground. Her second reason, due to a feeling of modesty, is foolish. No woman who has become pregnant under proper circumstances need be ashamed of her coming honor. Everyone is not going to look at her as she imagines, nor make unpleasant comments upon her appearance and its portent. Many a woman who has been denied the privilege of motherhood would gladly exchange with her for the same reward. I do not say that there are no places where the expectant mother should not go, but my reasons are as much medical as anything else. The influence of any action of the mother or father on the unborn child must always be considered. In taking exercise

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of any kind, however, whether work or play, our little wife should always stop just short of fatiguing herself, for this would be harmful.

Under the wise and sympathetic direction of her chosen medical attendant, who watches carefully over her in every way, guarding her against both lack of food and too much food, our wife approaches the time for the advent of "their" child, anxiously awaiting that moment when she can show her husband this living triumph of their mutual love and its gratification in the sacred and holy bonds of matrimony. She is not afraid of her approaching motherhood, because she knows that motherhood is a natural function following her promotion to wifehood, and she wants this emblem of honor—motherhood—to be hers.

While she is waiting for "their" child to be born, like every mother-to-be, she is planning a future for it; and, if she has been careful in the choice of her husband, she is now doubly happy about it, for she considers how much better her baby will be owing to her care in the selection of its father. And, oh, what a relief it is to her mind if she knows that her husband is free from any venereal taint! For then she need not worry about the possible effects of venereal disease upon her baby, nor has her pregnancy been made more irksome to her by having had

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to take unpleasant medicines in order to protect the offspring from inheriting some venereal taint.

You see, when there is any suspicion in the doctor's mind that husband or wife has a syphilitic taint in the blood, he endeavors to protect the unborn child from this poison by giving curative medicines to the mother during the ante-birth period. If husband or wife suspects that either of them has ever had this disease, no matter how lightly, the doctor should be told of it, so that he can judge whether protective measures for the coming offspring are necessary. Even unnecessary medication is preferable to having a child born with a syphilitic taint.

REVIEW

I. State in detail why an expectant mother should have a medical advisor as early as possible.

II. Why is it advisable for both husband and wife to understand changes of temperament, ideals, appetite, etc., in the expectant mother?

III. What is the ideal life for an expectant mother to lead—and what are its advantages, (*a*) to mother (*b*) to child?

IV. What are the early signs of expectant motherhood?

V. What are the later ones?

VI. What are the added dangers of constipation at this time?

VII. Why must tight fitting clothes, or in fact anything tight, be avoided by the expectant mother?

VIII. How does the body get rid of its waste?

IX. Describe the importance of the function of the kidney in general and its particular importance during pregnancy.

X. Why must the kidney function be carefully watched during pregnancy?

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IX

Now we skip an interval—that of the birth of the child and what goes with it—and take up child management. We will not go into every detail, for that I shall leave to my other series, which follows this, on the care of the child from infancy to marriage.

The management of a child begins at birth, and if you institute it properly you will be saved many miserable hours of discomfort and disturbed rest in the future. Babies can be made sources of great pleasure and happiness, or little tyrannical disturbers of the peace, quiet, and good tempers of the household, not to mention the neighborhood. They are very easily spoiled, and are quick to learn whether they can impose upon those around them. You can all realize, therefore, the great necessity of proper training, and the earlier that training is instituted the better for all concerned, including the baby. You laugh when I say including the baby, but I state a fact, for it will save baby many a slap or spanking when somebody's temper is lost because the untrained baby is raising trouble.

You might think it a hard task to train a baby to any definite programme in life, but if such is

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your idea, you are entirely in error. Nothing is easier, if undertaken in the right way. Once having made up your mind to the fact that a well-trained baby is far better than one which is otherwise, do not let neighborly baby experts, or supposed ones, turn you from what you have set out to do. The rules are alike for the babies of the rich and poor, the only difference being that, carried out in the babies of the rich their health and the nurses' well-being and comfort are promoted, whereas with the poor the mother of the baby gets the benefit as well as baby. And here is a strange feature of it all; the mother who has no hired help to assist her in her daily household work, and who, therefore, most needs a definite plan of management for her baby, is the very one who fails to profit by the advantage of having a systematic daily programme for the baby. She objects, because she thinks it would be too hard to carry out, as if a slipshod or hit-and-miss way of doing things were not much harder, both mentally and physically.

First, let us discuss baby's feeding and sleeping, as they usually go hand in hand. Baby needs food more or less often, the exact interval varying with its age and development—and the latter part of this statement is of great importance. The younger the baby and the less its development, the more often should it be fed, but these intervals should be grad-

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ually lengthened, as the baby grows older and is better developed until we finally come down to the customary three meals a day. These intervals between, and the number of feedings a day, are the same for both breast-fed and bottle-fed babies. The amount of food required by a baby, both as to quantity and strength, is decided, not by the baby's actual age, but by the degree of its development. It is better slightly to underfeed a baby than to overfeed it.

The usual interval between feedings for a newborn baby, and up to the sixth or eighth week of life, is two hours during the day, and four hours during the night; in other words, only one feeding between ten o'clock at night and six o'clock in the morning. You can readily see the comfort which such a rule or programme affords for all concerned; it means practically an unbroken night's rest for both mother and baby. Is it worth while? Just ask some one who has tried both methods, the wrong one first, and then the right one. The emphasis they will put into their "Yes" will remove all doubt.

But, you ask, how can we tell the baby that we want it to do things in this way? To talk to it and to make it understand are, of course, impossible. But we have an easier way. We train the baby to this routine by the very simple method of deciding at what hours it shall be fed, hours which must be

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the same every day, and then offering it food at these times only, waking the baby up for its feedings should it be sleeping. Soon you will observe that baby is more reliable than the clock, and is awake right on the minute for its food. Of course, while baby is being trained to this programme, a few "squally" days may be encountered, but if started at birth there is no difficulty.

Now, our powers of observation have taught us that babies have long and short periods of sleeping, and thus we can arrange for the long sleeps at night. The frequency of the day feedings prevents baby from getting prolonged sleep during the day, so, by being undisturbed at night, he gets two long periods of sleep. My instructions to my patients are, always let the baby sleep as long as he will after the last (or ten o'clock) feeding, and in a very short time most babies sleep the entire night through without any "midnight supper." When a mother does all of her housework alone, it is a great help to know just what hours she can count upon as being her own, and then she can plan her duties accordingly. She knows when she will have to attend to her baby, and when he will be sleeping.

As a baby grows older it sleeps less, but we must not let its daytime naps be so long as to interfere with its sound sleep at night. The feeding schedule should always be arranged so that the first feeding of

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the day will be between six and seven o'clock in the morning, and the last feeding at night somewhere between ten and eleven o'clock.

The usual feeding intervals, according to age and development, are two hours from birth to the eighth week; two and a half hours from the eighth to the twelfth week; three hours, usually, from the third to the sixth or seventh month; three and a half hours from the seventh until the ninth or tenth month; and four hours until about a year or fifteen months old. After this age I usually put the baby on three meals a day, with the heaviest meal, of course, in the middle of the day.

In using the above schedules, always remember that a child is fed by its age and development, and not by its age in days or months alone. If a baby seems to want it, I allow one so-called midnight feeding until the child is six months old. If the child does not awaken, it shows the extra feeding is not needed, so I order that it be stopped. The ten o'clock, or late evening, feeding I permit for a few months longer but do not urge it upon the child, and stop it immediately if the baby shows no wish for it. You need not be afraid to awaken a sleeping baby at its feeding times, popular opinion to the contrary, notwithstanding. Soon it will get into the habit of awaking at these hours. I mention this fact because of an old superstition that it is wrong to awaken a

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sleeping baby, that it should always be permitted to wake up naturally. If this were a fact, we should have to change materially the customs of our cities. It is perfectly true, however, that it is better to awaken the sleeping infant without shock or excitement, but that is easily accomplished.

Until a baby is about nine months of age the only proper food for it, whether breast-fed or artificially-fed, is milk. Remember this, and heed it when you are mothers. Preach it to every mother you know, Stomach disorders come from improper food, and under this heading come spoiled food and other things which are not food, but rather poison, so far as babies go. I refer to candy, melons, soda water, etc. Oh, yes! Some people are silly enough to attempt to give these things to infants.

There is no food so good or so safe for the young infant as that which Mother Nature puts into the mother's breasts. Good mother's milk is the food "par excellence" for the baby. It contains everything the infant needs for its development, mental and physical, and breast-fed infants are likely to excel the bottle-fed. It behooves every mother, therefore, to nurse her offspring if possible, and if she finds she can do so, to thank God for the blessing. It saves her from much worry, and promotes the baby's health and happiness.

But even breast milk may injure a baby if the

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mother does not take proper care of herself and keep her milk fit for the baby's digestion. Too rich a milk will give the baby colic, diarrhœa, and vomiting. Too poor a milk will keep him from thriving, even though the quantity be large. In fact, if it is not soon ascertained that the milk is too poor in quality, the baby will suffer from it, this even leading to marasmus or starvation. It is easy, however, to keep breast milk in proper condition. The mother should lead a quiet, even, and tranquil life, free from excitement or grief, her mind filled with thoughts of love and happiness.

The nursing mother must avoid constipation, and must take plenty of fresh air and exercise. Overindulgence in the marriage relation is harmful. She should eat plenty of good, plain food, but ordinarily there is absolutely no necessity for overfeeding. Tea and coffee are not recommended, but a little of each can be taken if there is a great desire for it. Milk is good for the mother, also plenty of good drinking water. Oranges and cooked fruits are wholesome. Highly seasoned or rich food is injurious, as is food containing vinegar or other sour material.

Overfatiguing or sudden shock will affect breast milk, also the expectation of again becoming a mother; for, although it is believed by many that a nursing mother cannot become pregnant, facts disprove the truth of this statement. Occasionally the

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menstrual period will affect the breast milk. Water should rarely be given to breast-fed babies between meals except during the hot weather, when some cool boiled water may be offered between the feedings.

Now as to the baby whose mother cannot feed it naturally, and which must, as a result, be bottle-fed. Such infants do well and thrive also if they get milk which is suited to their digestion. Next to mother's milk, cow's milk is the most universally used for baby feeding. It is different from mother's milk, and therefore must be diluted to make it as nearly like breast milk as possible. This dilution should be changed at regular intervals according to the age-development and requirements of the baby, instructions for its use being obtained from the family physician.

It is not safe for the mother to try to regulate this matter herself, because each and every baby needs to be studied and fed accordingly. You have all seen attractive advertisements of various so-called infants' foods. I advise you not even to waste your time reading these, but to pass on. Either for the normal baby or the abnormal feeding case, most of these foods are of little if any use. Sometimes, if the baby is constipated, one may use a little malted food for a while under the orders of the doctor; but even here a short course of treatment with a reliable milk of magnesia preparation will often suffice.

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Bear in mind that fat babies are not necessarily healthy ones, nor lean babies unhealthy. The doctor will judge whether the baby is getting the right kind of food, be it breast- or a bottle-fed infant, by noting if the baby increases in weight a certain number of ounces a week; by the general aspect of the baby, whether it is happy and comfortable as a baby ought to be, or peevish and restless as a baby ought not to be; by the character of the urine as judged by the odor of the diaper and the condition of the skin around the urinary opening; and by the baby's bowel movements.

These latter give much information to him who can read them, for it is true that in infant feeding every movement has a meaning of its own. I will say just a few words regarding the stools. In a breast-fed baby who is digesting its food well the normal stool will be smooth, and about the color and consistency of not too loosely scrambled eggs. The movements of a bottle-fed baby will not be quite so yellow, but they also should be free from curds or other particles of food. Green stools are never normal unless caused by certain kinds of medicine. Loose stools are abnormal unless a laxative has been given, and stools which are hard and solid in consistency, and very dry, are abnormal also. Blood or mucus in the stools is never normal. Constipation is, of course, not natural,

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but more than two movements a day must be regarded with suspicion.

It may surprise you to learn that even young infants can be taught regularity in bowel movements if the mother is patient. It is to her interest to be so, for it will save much washing of diapers. The key-note is observation. If the mother will notice the time when her baby usually soils the diaper, and will seat the child on a commode a little while before, and show it how to strain a little to have a bowel movement, she will be surprised to see how quickly the baby will learn this first lesson in establishing a daily habit of the bowels, and abide by it. It is the same in regard to the wetting of diapers, which can practically be done away with. The length of time it will take the baby to learn this will depend upon its intelligence and the patience of the mother. Control of the bowels will be mastered first, as it takes a little longer to teach the child to hold the urine and to ask for the commode, owing to the greater number of times the urine is passed.

Babies usually receive two baths a day, one in the morning and one just before the evening feeding. They certainly should have at least one bath a day unless sickness prevents. Cleanliness is most necessary in the life of a baby and for this reason diapers should be changed immediately on being wet or soiled. This adds much to baby's comfort. A

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baby's clothes are usually changed daily. The baby's bath should never be a hot one, nor should the baby be kept in it too long. It should be given in a warm room, and the baby wrapped up in a big bath towel immediately upon being taken from the water. Never rub a young baby dry—pat it dry.

Babies should be weighed at least twice a week, but never immediately after a feeding, because there is an increase in weight at this time. This is one way to estimate how much milk a baby who is breast-fed gets at a nursing; weigh him before and after. The difference in weight is the amount of milk the baby took at the nursing.

During the first few weeks of life the main business of the baby is eating and sleeping, and the less handling and other attention it receives the better. Subsequently there will be times when the baby is neither eating nor sleeping, and it may then with advantage be carried about a little; but never pick it up when it is crying to be taken up or to hush its crying, for just as soon as a baby learns that it can have what it wants by crying for it you have a spoiled child on your hands. Baby must be willing to lie quiet when you want him to or later to sit in a chair, to amuse himself, and to be happy if you walk about with him when you can.

Coming back to the question of food, I will say that when the baby attains the dignity of seven or

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eight months of age, fresh orange juice can be given him about an hour and a half after the first morning feeding; of course the juice must be sweet. The amount should at first be about two teaspoonfuls and this can be gradually increased. At about eight to nine months of age, a baby is usually given beef juice, not beef tea, and strained oat-meal, at first in small quantities, to be gradually increased, and given on alternate days immediately before the mid-day feeding. Do not increase too quickly. It is not the quantity that you give a baby that counts, but what it digests.

From about the sixth to the eighth month, baby usually cuts some teeth, and the two lower middle incisors make their bow to the world in the baby's mouth. Now the fact that the baby has a few teeth does not mean that it is ready to join the family at table and to eat everything and anything that the others do. Far from it! The feedings must be just as carefully regulated as before. I am never in a hurry to give a baby solid food. "Make haste slowly" is a good rule in infant feeding. Soon after the baby becomes accustomed to beef juice, I permit mutton broth and chicken broth. At present I shall limit my talks to the first year of the baby's life.

Food for the baby must always be of the freshest and best. When in doubt as to whether it is good or bad, throw it away or, at any rate, do not give it

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to the baby; this is the safest plan. Test the contents of the bottle, and later of the cup, before every feeding. Be sure that the food is good by actually tasting it. Do not, however, put the nipple of the bottle to your own mouth, nor the bottle, nor the cup itself, but pour a little into a spoon and taste this. Your mouth may be clean, but the chances are that it is not so from a medical standpoint, and, besides, you would not like to use the unwashed fork of another. Do you see the point?

The bottles in which the baby's milk is kept must be washed clean every day, and then boiled for fifteen minutes after the water has come to a boil. The nipples for the bottles, after a preliminary boiling, must be kept in boric acid solution when not in use. When the mother nurses her baby, her nipples should be gently bathed with boric acid solution before each feeding, and the baby's mouth also washed out very gently with a swab soaked in boric acid solution; this should not be so wet as to drip liquid into the baby's throat. In summer, particularly, must great care be given to the baby's food and its containers. If flies get on food for babies or anybody else, it is dangerous to health. The best time to be careful *is every day,* whether it be spring, summer, autumn or winter.

Bottle-fed babies should have fresh boiled water which has been cooled, or stone-filtered water, sev-

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eral times a day between feedings. Fresh air is good for babies as well as for grown-up folks, by night as well as by day, and they should have plenty of it; but I see no sense in exposing them to extreme weather of any kind with the idea of toughening them, for they sometimes may succumb to, and die during, the hardening process.

Be moderate. Do not overdress nor underdress babies. Keep them warm and comfortable, and protect the extremities, but do not muffle up their throats. Do not take them here, there, and everywhere; you may enjoy it, but the baby will not thrive on it. Do not continually jolt the child or toss it about; the baby is not a toy, nor yet a medicine bottle with a "shake well" label on it. Excitement and shocks are bad for the developing nervous system of the child. Never scream at a child in great anger, nor scold it for trivial, or even great things. There is no sense in wrecking a child's nervous system in order to correct it.

So far as possible keep your babies out of crowds and badly ventilated places, such as stores, factories, etc. Strange as it may seem, babies do not enjoy moving picture shows and like entertainments, and a carriage ride in the fresh air is far more beneficial to the health and gives them an appetite.

Babies thrive on love and the right kind of attention, but may pine and fade away without it.

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They were made to be loved, hugged, and kissed in a nice, quiet way, without getting them unduly excited, but should never be kissed on the mouth. Babies were not given to their mothers to be turned over to the care of nurse-maids of more or less experience so that the mothers can attend to their so-called social duties—such a misuse of the word duty, by the way—or suffragette campaigns. The real wife and mother can exert a greater political influence than our would-be female voters.

I cannot understand how a mother can be willing to entrust to a perfect stranger the "mother-duty" of her child, a duty that should be to her both a pleasure and joy. I cannot understand how she can be willing that a strange woman should receive most of the baby love and caresses of the little human flower with which God has blessed her husband and herself. I cannot see how she can be willing that this part of herself should be reared, practically, by a stranger; but, then, I suppose I am hopelessly old-fashioned, and it was my good fortune to marry a wife who is also old-fashioned in this regard. My babies have had the mother-love that was their right, and were not cheated out of it by "social and political" engagements.

It is noble to be a club-woman working for some good purpose, but the proper care of her own children should be a purpose high enough for any

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woman. It is not, of course, a work which will make your name appear in the newspapers in double-leaded type, or your picture (for a price) in the periodicals, but it is of real importance to your husband, your children, our nation, and the world at large. After the children have received daily attention and are properly trained, any spare time the mother has can be devoted to her own pursuits.

If each and every mother would give her sons and daughters proper home training many of the evils that the women's clubs are seeking to redress would cease to exist, because of the highmindedness of their sons and daughters, and the generally improved character of the coming generation. Reform, like charity, should begin at home. Let the mothers learn where their sons spend their evenings and other spare hours, who are their men and women companions, and how the time is spent. Let them exercise the same careful supervision over their daughters. The lot of the working girl can be made better by better pay with shorter working hours, by decent places to work in and better people to work for, just as well as by working girls' clubs, supported as a hobby, by women whose husbands may be bad employers in more ways than one, so far as consideration for their employees goes.

Do not misunderstand me. I am not condemning worthy and commendable social work, but merely

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commenting on some phases of the situation. Cannot the wives of these men do better reform work in their homes by endeavoring to elevate their own husbands' standards concerning humanity, and also by cultivating in their own children higher ideals in this respect?

The same applies to the poor mother so far as making her home a centre goes. Instead of being a neighborhood gossip, with her home the meeting place for the neighborhood scandal-mongers, let her efforts be to help her husband, and to stimulate him to rise from baser surroundings and thoughts to higher levels. Let her make her home attractive to him and to his friends. Let her efforts be to make her growing children real men and women, instead of mere people, as so many are. In her efforts to aid and elevate her husband and their children, she cannot but elevate herself.

Mothers should dress their little children in such a way that there can be no accidental exposure of their persons while at play in their homes or on the street, and the child can be taught very early to be modest in behavior, and to allow no one but its mother ever to touch the private parts of its body.

Sometimes, a little girl who is unconscious of wrong in exposing her person, may also be unaware that it is wrong to allow her sexual parts to be handled by men or boys or other girls or women. This

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is important, not merely because of the handling, but because among a certain foreign part of our population there is a dangerous superstition that if a male suffering from gonorrhœa tampers with a virgin his gonorrhœa will be cured, and the virgin most easily secured for such a purpose is the unsuspecting little girl.

Guard the little ones in early life, and try to strengthen them morally by training them to modest behavior. Do not think that I exaggerate when I speak of this tampering with little girls. If you ask any physician about gonorrhœa in little girls you will be surprised to learn how much of it there is.

REVIEW

I. When should the management of a child begin, and why?
II. What are the usual intervals between feedings for a new-born baby?
III. How can the hours for sleep be arranged?
IV. As the baby grows older how must the feeding and sleeping schedules be changed?
V. Upon what do these changes depend?
VI. What is the only proper food for the infant? What should be avoided?
VII. Under what conditions might breast milk be injurious for the baby? Explain fully.
VIII. By what does the doctor judge as to whether the child is getting proper food?
IX. Discuss the importance of cleanliness in all that pertains to the care of the baby.
X. Discuss the importance of early training in modest behavior.

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X

CONTINUING our talk in the last chapter, we shall again discuss the infant. Baby's sleeping quarters should be the best in the house, the room moderately cool and well aired both night and day. Baby should always sleep alone—never under any circumstances in the same bed with the mother or father. Baby, like yourself, should never occupy a bed which has been used by another without an entire change of linen. Venereal and other diseases can be contracted from soiled bedding.

The fewer the people who kiss or handle the baby the better, and I have already told you that it should never be kissed on the mouth. Infants are best secluded from too close association with other children, because they are apt to "catch" catarrhal and other infectious diseases from them.

Such things as pacifiers, mouth rings, and other instruments for baby to suck are uncomfortable, injurious to the health, and must positively not be allowed. I know that advertisements of these various devices, made principally for the financial benefit of the manufacturer, set forth in glowing terms all that they will do for the baby, most of which they do not do, but here are a few things for which I give them

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unlimited credit: They help the development of adenoids, upset the digestion, and are great carriers of germs to the baby's mouth.

I have already advised you not to use infant foods, and I want to urge you, still more emphatically, never to give so-called "soothing syrups," for after a dose of one of these poisonous concoctions or mixtures there is always the chance that the little one may sleep on forever in that deep eternal sleep that knows no awakening in this world. They are wofully misnamed; they should be called "baby-killers." Babies do not need soothing syrups, because, if they are not spoiled, they do not fret or cry hard unless something is wrong with them, and this should be corrected instead of giving "poison" to the baby. Spoiled babies, too, do not need poisonous drugs to quiet them, but proper training to correct their peevishness. No soothing syrups are harmless; for unless they contain certain drugs, they cannot stupefy the baby into quietness.

Do not give the little one tea, coffee, soda water, seltzer, vichy, beer, ale, porter, or liquor of any kind with the idea that you are strengthening the child; for you are not only doing the reverse, but are actually harming it. Milk is the best and proper food for any baby first, last, and all the time.

Do not try to force the baby's development for the sake of having him outdo the neighbor's baby.

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Observations extending over many years have shown that at certain ages babies do certain things or develop certain abilities, and if any baby advances along these lines the parents need not worry. Even if the baby fails to develop normally do not worry, but consult your family physician, and he will rectify the defect if it be one that comes within the powers of medicine.

Do not, under any circumstances, try to be your own doctor, and experiment on the baby with home-made remedies or the so-called patent medicines to be found in such profusion at the corner drug store. If it were so easy to treat sick babies, doctors would not have to make a life study of their profession in order to keep abreast of the medical world. You know that good doctors are continual students of medicine, for to stop studying is to be unworthy of the trust reposed in them by their patients. Moreover, if it were easy for untrained persons and patent medicine manufacturers to understand and treat the baby's ailments, the death-rate among babies would not be so disgracefully high as it now is. Rest assured that, when the child of the corner druggist or of the patent medicine manufacturer is ill, the doctor is consulted. Such men want skilled advice, and not home-made or ready-made cure-alls.

It is a matter of regret that some doctors know so little about babies, for babies and children are the

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most intelligent and interesting patients a doctor can have; at least I think so, and my work in the children's clinics has always been a source of great pleasure to me. To those who study them even the various cries of the baby are significant, some indicating pain, some hunger, some temper, etc.

Remember that cutting teeth is a normal function, and rarely disturbs a baby much; so, if the baby is not well at about the time he is getting teeth, do not just say "teeth," and let it go at that. There is usually something wrong which should have prompt attention. And, speaking of teeth, I want to say here that it is very essential for the first teeth of children to be taken care of. The use of a toothbrush and powder must be taught to a child as early as possible. It is never too early to start; but until the child is old enough to clean his teeth, it is the duty of the mother to do it for him.

Do not let the baby be constipated. Serious results may follow constipation, not the least serious of which are convulsions. The use of the rectal syringe, or of glycerine suppositories daily, is injurious. The bowels are best regulated by proper food, and until the daily habit is firmly established, the use of a good preparation of milk of magnesia in suitable doses is allowable, but it should be stopped as soon as possible. Castor oil is good for a general cleaning out, in both adults and babies, but used

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habitually it causes constipation. Small doses of calomel can also be used in children for a general cleansing of the bowels.

In the summer time, care must be taken not to overclothe the baby, nor to expose the child unnecessarily to the direct rays of the sun or to extreme heat. Remember that frequent cool sponging is very acceptable even to small infants when the thermometer is approaching the boiling point. If the baby, at its regular feeding times, shows an inclination to leave some of its food, do not urge it upon the child. You know that when it is hot you do not always feel like eating your usual meals. Give the baby plenty of cool boiled water to drink, however, between the feeding hours. Keep him out in the fresh air as much as you can, both in winter and summer, but whereas during the winter you seek sunny spots protected from the wind, in the summer you seek shade and cooling breezes for the baby.

Have I already told you to be particularly careful about baby's food in the summer? Well, this truth will bear much repeating, so I will tell you it again. Before any food, whether liquid or solid, be given to an infant or young child, let it be thoroughly examined and tasted to ascertain that it is perfectly good. It is so easy to prevent diarrhœal disease in babies and young children in the summer, so much easier than to cure them, that it is worth

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while to take all preventive measures. Remember "an ounce of prevention is worth a pound of cure."

Many a household, whose sunshine vanished when the baby died, would still have been happy had some simple precautions been taken instead of leaving things to chance. Unfortunately, even doctors must sometimes fail in their efforts. Vain regrets and broken hearts do not bring back the little ones who have passed into the "Great Beyond." When you attain the dignity and honor of motherhood, protect your baby. In case of diarrhœa or indigestion stop all food at once, administer either castor oil or calomel, preferably the former, and send for the doctor. One visit early may save many visits later.

When babies begin to crawl, they should not be allowed to indulge in this healthful pleasure on the bare floor or even a covered one. A large mat, preferably of washable material, should be put on the floor, and their activities in the crawling line should be limited to this specially covered place. The reasons for this are very simple. All floors, covered and uncovered, are dirty and full of germs. They could not be otherwise, even in the cleanest of homes, since every one walks over them, no matter where they have been. Some of this dirt and its germ contents will ultimately find their way into the baby's mouth if it crawls over the floor. You can readily see, therefore, how liable the baby is to get some

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disease if it is allowed to crawl around indiscriminately. Moreover, with its own special mat to crawl on, there is no danger of baby finding some stray article, such as a pin or a nail, to put into its mouth and swallow before the mother can see what it is doing.

As regards the putting of things into the mouth, including its own thumbs and fingers, this habit can be checked in children quite early by constant effort on the part of the mother or the one who has the baby in charge. Teach the baby that all things, including its own fingers, were not meant for the mouth, by removing the fingers promptly if they are found there, and by stopping anything else from getting there if you see it on the way. Constant, patient repetition finally convinces baby that this is wrong, and the habit is checked. It is much easier to break up the baby's habit of putting other things than its own fingers in its mouth. As the consequences of this habit are sometimes serious, it is well to break it up as soon as is possible.

Another habit of babies which must be stopped promptly is the one which most of them have of putting their hands in and about the genital organs, especially when they are having their diapers changed, or are exposed for any other reason. Removal of the hands at once, time and time again, teaches even the youngest infant to stop this practice.

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Sometimes, as you remove the hands from these parts or stop them on their way there, you can say, "No! No!" and that will perhaps help the little one to understand sooner what you mean. It is much easier to stop this practice in infancy than later in life, and the continuance of this unconscious habit of infant masturbation tends to favor the subsequent formation of the habit of real masturbation in either sex. While speaking of the changing of young children, or of other occasions when their sexual parts are exposed, I wish to say that I think it a grave error to permit other children to be around at these times.

Keep a young baby neat and clean both as to body and clothes. It need not be dressed in the finest of materials, but you can teach it from the very beginning that "Cleanliness is next to godliness," and to take a pride in its personal appearance, so far as neatness goes.

The time to wean a breast baby is from the ninth to the tenth month, by which time the baby should have discontinued breast feedings entirely. During the nursing period it seems almost unnecessary to say that, at each feeding, the baby uses one breast only, alternating from one to the other. The weaning of a breast-fed baby is a very simple affair, if the baby has been having a single bottle feeding every day from birth, as every breast-fed baby

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should. This plan has the advantage of making weaning easy when the time arrives, and it also enables the mother to transfer the baby to part or all bottle feedings at any time, should occasion arise. If a breast-fed baby ever misses a feeding from a breast, this breast should be carefully watched to see if it need be emptied artificially in order to avoid "cake" breast which might go on to abscess, and breast abscesses are extremely painful.

To a baby who has never been bottle-fed at all, the weaning process may be troublesome. You cannot give to this baby the same food that a baby brought up entirely or partly on the bottle will take and digest properly, at the same age and development. You must start with milk much more diluted, and work up as fast as the baby's digestion will permit; for, if you increase the strength too fast, or do too much, you will give the baby indigestion. Baby will not like the rubber nipple at first, but there must be no compromise, even if the baby absolutely refuses a feeding or two. If a feeding is refused, however, baby must not, under any circumstances, be fed before the usual hour of the next feeding. By this time, and with a good appetite, he may not care whence or how the food is coming, so long as it comes to satisfy the awful emptiness inside.

Soon after weaning, I let the babies who are under my care, drink from a perfectly clean glass

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or cup, so that, as a rule, soon after and often before its first birthday baby has no further use for the bottle. This change from bottle to cup is not at all to the liking of the baby, but the same firmness that convinces it you are determined to have your way wins in the end.

The question of giving the baby solid food is an important one, and depends more upon development than actual age. Food that requires more or less chewing demands also teeth to chew with. It would be foolish, therefore, to give a baby this kind of food before it has the necessary teeth to chew it. Yet many attempts are made, with disastrous results, to feed babies according to age alone, and without regard to development. It cannot be done successfully; indigestion or worse conditions are bound to result. Between six and eighteen months of age, a child usually cuts twelve teeth, six of which appear during the first year. We are talking now of the average child, for some will be quicker, and some slower, in the matter of dentition. After the addition of beef juice, mutton broth, and strained cereals —the cereals must be cooked for three hours—to the baby's diet, we let it rest so far as new things to eat are concerned.

At about the twelfth month, if the child has several teeth, I permit zweiback once or twice a day. A little later, a soft-boiled egg is added to the

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mid-day feeding to take the place of either the mutton broth or the beef juice. It is best, however, not to give eggs oftener than every other day. All this time the orange juice is given daily, as before.

At about sixteen to eighteen months of age, provided most of the teeth are cut, I introduce baby to rare scraped beef or mutton-chop, to such vegetables as spinach and green peas, the latter of which are mashed and strained to get rid of the skins, boiled young onions, and asparagus tips. I also allow stewed prunes which have been pressed through a strainer, and a little later baked apples.

No one, whether child or adult, should ever eat fried food if he has any respect for his digestion, and food cooked in this manner should never be given to young children.

Baby's heaviest meal should be at mid-day, and the meal just before retiring for the night should be light. Food between meals should never be permitted, and by " food " I mean all eatables, including sweets; the only exception is the orange juice already spoken of.

Before two years of age, no cakes, candies, or desserts of any kind should be given the child. When this age is reached, however, I think a piece of good chocolate, as a dessert after the mid-day meal, is certainly allowable. Not even in summer time is ice cream soda permissible for babies or children,

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and even grown-ups who have reached old age are better off without it. Under no circumstances should a child be given liquor in any form except during an illness and then only by order of the doctor.

The example you set the growing child is what the child is going to copy; so in word and action within and without the home, see that the example you set is always fit to be copied. Do not expect the child to be better than the pattern set before him. Do not delude yourselves with the idea that small children do not see, hear, notice, or remember; because, if you do, you are building upon false hopes, and your awakening is liable to be most rude and unpleasant.

As a rule, I do not believe in corporal punishment for children. Solomon's alleged saying, " Spare the rod and spoil the child," is applicable in very few cases, it seems to me. There may be exceptions, of course, but these should be looked into most carefully to see in how far the parents are to blame. Most children are punished, not so much because they have been naughty and need correction, as because the punishing parent has lost his or her temper. A spanking is given, therefore, not for its corrective effect, as is asserted, but merely to let the parent " work off " this anger. Do not try to control your children through fear, but through love and

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care. Be firm and just. Even children can appreciate these qualities.

I have given you these simple, plain, non-scientific talks about yourselves and about babies so that you can act as missionaries in the latter field and spread a knowledge of the care of babies, as well as sex knowledge, and thereby do your little part toward reducing the mortality of young infants through the ignorance of present-day mothers. I hope that some day you will all be mothers, and when you attain that blessed state you must remember these two last talks, and put into practice with your children the advice I have given you. Your husbands, your children, and you yourselves will be better and happier if you do.

I want you to be missionaries also as regards what I have told you about sex and sexual hygiene. I hope you have read these through, and most carefully weighed in your minds the facts offered for your assimilation. It is my hope that they may prove profitable to you, and that after reading you will feel convinced that a pure life is the only one for you and yours. I have stated only plain facts to you, without entering into the religious aspect of the question. Each of you has a conscience to guide you as to right or wrong, so it seemed to me not my place to add religious views to my purely medical talks. I ask you, however, to go forth as advocates

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of social purity in both sexes, and to preach it both by word and deed throughout your whole lives. Join this movement to improve and better our race and the world we live in, and help to promote the well-being, health, and happiness of all. Social purity is a step in the right direction.

A word to the girl who goes out to her daily work, and, in fact, even to the girl who attends school or college. Do not go attired as if for a ball or party. Dress neatly and plainly, as if you really meant to do something, and do not look as though you had come to pose or to show off your clothes. Either study or work is easier in work-a-day clothes, and these enable you to accomplish more. At the same time, those around will not think you dressed up for a discreditable purpose.

In closing my talks, I feel that they will not be complete unless I add to them a few words about that period of a woman's life that many of you have heard called "the change of life," and which is so dreaded by many of your sex. The advice I give you now will not be of use to you, personally, for some years to come; but repeated by you, perhaps, to older women, might convey to them valuable information, which would be instrumental in saving their lives.

The change of life is that time when the menstrual periods cease, and the woman's sexual sys-

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tem undergoes certain changes concerning which we need not here go into detail. The age at which these phenomena occur is usually between forty and forty-five years—in some women later, in a few earlier.

It is a popular belief that, at this time, cancer of the womb is liable to occur and that a woman may lose her reason. Needless to say that both of these beliefs are practically unfounded, the main ground for the former being the fact that, owing to certain symptoms which arise at this time, a woman may go to her physician, and upon examination he may find a cancerous growth. Immediately the report will be spread that it came with change of life. As this period approaches a woman will notice certain things which are signs of what is coming. Before enumerating them, I want to say that every woman should visit her doctor at this time, and undergo a most thorough examination, of the sexual parts particularly.

The appearance of a lump in either of the breasts, no matter at what age, should mean an immediate visit to the doctor. It makes no difference whether the lump be painful or not; often the least painful are the most serious. Do not waste time wondering what it is, but go to the doctor and let him find out. Prompt action on your part may save your life. Any disturbance of the usual menstrual period, whether

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it be in the amount of blood lost, or the number of the periods, should be reported to your physician. Any unusual pain or feeling of soreness in these parts should be brought at once to his attention. I emphasize this because many serious conditions may, and do, arise from neglecting seeming trifles. Many a grave has been filled unnecessarily early for no other reason but neglect in the beginning of what later proved a fatal condition.

The menopause, or "change of life," is usually ushered in by a change in the menstruation. It becomes more or less irregular in occurrence, the quantity of blood lost sometimes decreases, although in many cases it increases for a while before it diminishes, then finally it stops altogether. There is a complaint of hot and cold flashes, of palpitations of the heart, of increased nervousness, of diminution of appetite or a marked increase of the same, of steady increase in weight, and flushing of the face. There are also more or less vague symptoms of all kinds, referable to various parts of the body, but not definitely located. Any vaginal discharge of blood or of any other kind, after the menopause is complete, should immediately be reported to the family physician for his investigation, for here delay is dangerous.

This ends the last talk of our series, and nothing remains but again to say that I hope I have served you well, and to express the wish that my talks will

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prove profitable to you both in the present and in the future. They are not as perfect as they might be; but if you have followed them attentively, I think you will have derived from them some knowledge of yourselves, your functions, of what to look for and what to avoid in your sexual life; also, how to take care of your offspring when you attain the blessed dignity of motherhood. If I have imparted this knowledge, I have been of real service to you; therefore my efforts have not been in vain.

REVIEW

I. What is necessary concerning baby's sleeping quarters and bed?

II. What are the dangers of pacifiers and of soothing syrups?

III. Discuss teething and the care of baby's teeth.

IV. State what care is necessary in clothing and feeding the baby, particularly in summer.

V. Tell how to protect the baby when crawling, and what care is necessary while genital parts are exposed.

VI. When and how should baby be weaned?

VII. How should additions be made to the baby's food as it grows older?

VIII. In what ways can you make these talks of value?

IX. What signs indicate the approach of "the change of life"?

X. What precautions are necessary at this time?

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